

Taste of Home

**30-MINUTE
DINNERS**

**SUPER CHEESY
PARTY SNACKS**

SIMPLE & DELICIOUS[®]

**82
MUST-TRY
RECIPES**

February/March 2016

Fast. Fresh. Fabulous!

- ▶ **Quick Prep
Soups & Stews**
- ▶ **Winning
Ground Beef
Recipes**
- ▶ **Fix & Freeze
Meals**

**SLOW
COOKER
TO THE
RESCUE!**

Layered Enchilada
Casserole, page 14

**WINTER
S'MORES**

Rejoice!

Easter Dinner Time-Savers



The World's #1 LIVE Cooking Show is coming to your area!



You'll get sneak peek behind the scenes at America's #1 Cooking Magazine, *Taste of Home*. Throughout two hours of unpredictable entertainment you'll **learn kitchen techniques** and secrets behind classic dishes. You might even be chosen to **be a recipe taste tester** or **take home a finished dish!**

Whether it's a date night or a girls night out, join *Taste of Home* for an unbeatable night of delicious fun!



LEARN MORE AT:
tasteofhome.com/CookingSchool

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Ephraim

VIRGINIA

Colonial Heights
Harrisonburg • Suffolk

WASHINGTON

Issaquah • Wenatchee

WISCONSIN

Eau Claire • Manitowoc

Show schedule subject to change. Check weekly for added shows at tasteofhome.com/CookingSchool.

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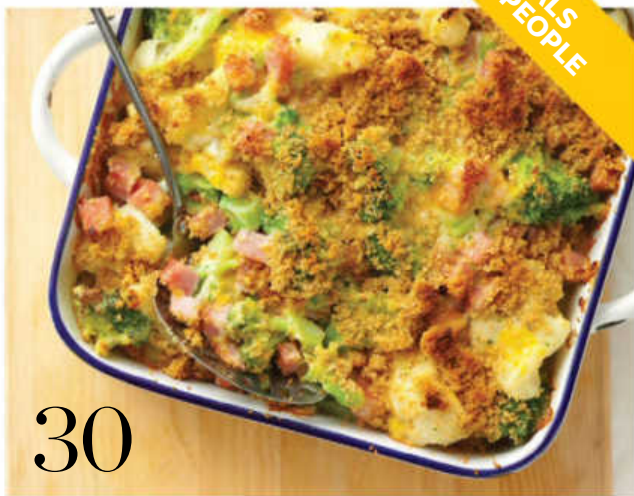
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Comfort Food 2.0

This loaded enchilada casserole is made with last night's chili (really). Get the recipe on page 14.

Photographer: Dan Roberts

Set Stylist: Stacey Genaw

Food Stylist: Shannon Roun

ON THE MENU

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EAT SMART

Lower in
calories, fat
and sodium

5 INGREDIENTS

5 ingredients max,
plus staples like
salt, pepper and oil

FAST FIX

Done in
30 minutes
or less

SLOW COOKER

Set it and
forget it

FREEZE IT

Make now,
eat later

Field editor

Volunteers from every state—and Canada—belong to the big, happy Field Editor family! They share recipes, reviews and tips from their kitchens, neighborhoods and regions.

Taste of Home's registered dietitians based our Eat Smart guidelines on criteria set by the United States Department of Agriculture, the American Heart Association and the American Diabetes Association. Main dishes marked with the icon, for the most part, have no more than 550 calories, 12 grams of fat and 800 mg of sodium per serving.

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Super easy,
super fresh,
super good.

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These extra-quick recipes are a perfect match for our 30-minute meals.

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Make It Easy

Relax. Good food is simpler than ever.



I love my slow cooker. Turns out you love yours, too, and you use it all year. So we're feeding your craving for more low and slow recipes. Starting with this issue, the handy tool is doing double duty: a fab recipe one night becomes a brand-new meal the next. The enchilada casserole on the cover was created from

Hearty Chili Without Beans shared by Molly Butt of Granville, Ohio (*page 13*).

Another newbie that debuts in this issue is "Super-Easy Sides." We turn a go-to veggie into two totally different sides. See *page 15* to get your broccoli on. Plus we're kicking off "Seriously Simple," the step-by-step guide to making great dishes that will have you saying, *Wow, it's that easy?! First: Lemon Cheesecake Tarts* (*page 16*).

These shortcuts are part of the just-out package (look for the Simplify tab) bringing you the speediest recipes and smartest tricks to make the most of what's in your kitchen. And guess what: These ideas came from you, so pat yourself on the back and keep 'em coming! What else do you want to see in *Simple & Delicious*?

JEANNE AMBROSE EDITOR
jeanne.ambrose@tmbi.com

TO DO

→ **Join the Great American Pizza Bake** the second week of February by baking up the steak one on *page 20*.

→ **Raise your Mini Mac & Cheese Dog** (*page 57*) to Nathan's Famous. The classic Coney Island franks turn 100 this year.

→ **Get a year's worth of real home cooking** in *Taste of Home Annual Recipes*, at tasteofhomebooks.com/16order. There's even an entire chapter of quick-fix recipes!



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PREP COOKS

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CULINARY TEAM ASSISTANT

Megan Behr

PHOTOGRAPHY DIRECTOR

Stephanie Marchese

PHOTOGRAPHERS

Dan Roberts,

Jim Wieland



PHOTOGRAPHER/SET STYLIST

Grace Natoli Sheldon

SET STYLISTS

Melissa Franco,

Stacey Genaw, Dee Dee Jacq

CONTRIBUTORS

Mark Derse

(photographer); Meghan Hurley

(set stylist)

SENIOR MANAGER, CONTENT

MARKETING Melanie O'Brien

SENIOR CONTENT PRODUCER

Julie Meyers

CONTENT PRODUCER

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Sue Stetzel

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Kristy Martin

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FREE 30-DAY PREVIEW!

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Cooker Cheesecake

Slow-cooked cheesecake? Yes! This dessert is silky smooth, rich and creamy.

—KRISTA LANPHIER MILWAUKEE

PREP: 40 MIN. • COOK: 2 HOURS

MAKES: 6 SERVINGS

$\frac{3}{4}$ cup graham cracker crumbs
1 tablespoon sugar plus 1
divided
 $\frac{1}{4}$ teaspoon ground cinnamon
 $2\frac{1}{2}$ tablespoons

Actual print size!



2-BOOK SET!

Discover **Taste of Home EZ-Read™** cookbooks, designed to help you put a hearty, family pleasing meal on the table easily. Try our all-new comfort food collection featuring:

- **2 cookbooks:** *Taste of Home Casseroles & Taste of Home Slow Cooker*
- **200+ large-print recipes** for easier reading
- **Full-page** color photo of every dish
- **Convenient** layout for quick reference
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Maple Syrup

It's a must on flapjacks, makes bacon even better and renders Brussels sprouts irresistible. Get sweet on this pantry all-star.

EYEBALL IT

The darker the shade, the deeper the flavor (and the more antioxidants it may have). If you like it heavy on the maple, grab a bottle labeled Grade A Dark or Very Dark. Grade is about color, not quality!

RESPECT IT

It takes about 43 gallons of sugar maple sap to make a gallon of syrup.

SWIG IT

Ditch the sugar and drizzle maple syrup in your coffee.



STOCKPILE IT

You can keep a sealed bottle of syrup in your pantry for more than a year. Once opened, it'll last about six months in the fridge.

LOVE IT

Road trip! The sixth annual National Maple Syrup Festival is in Brown County, Indiana, March 5-6.

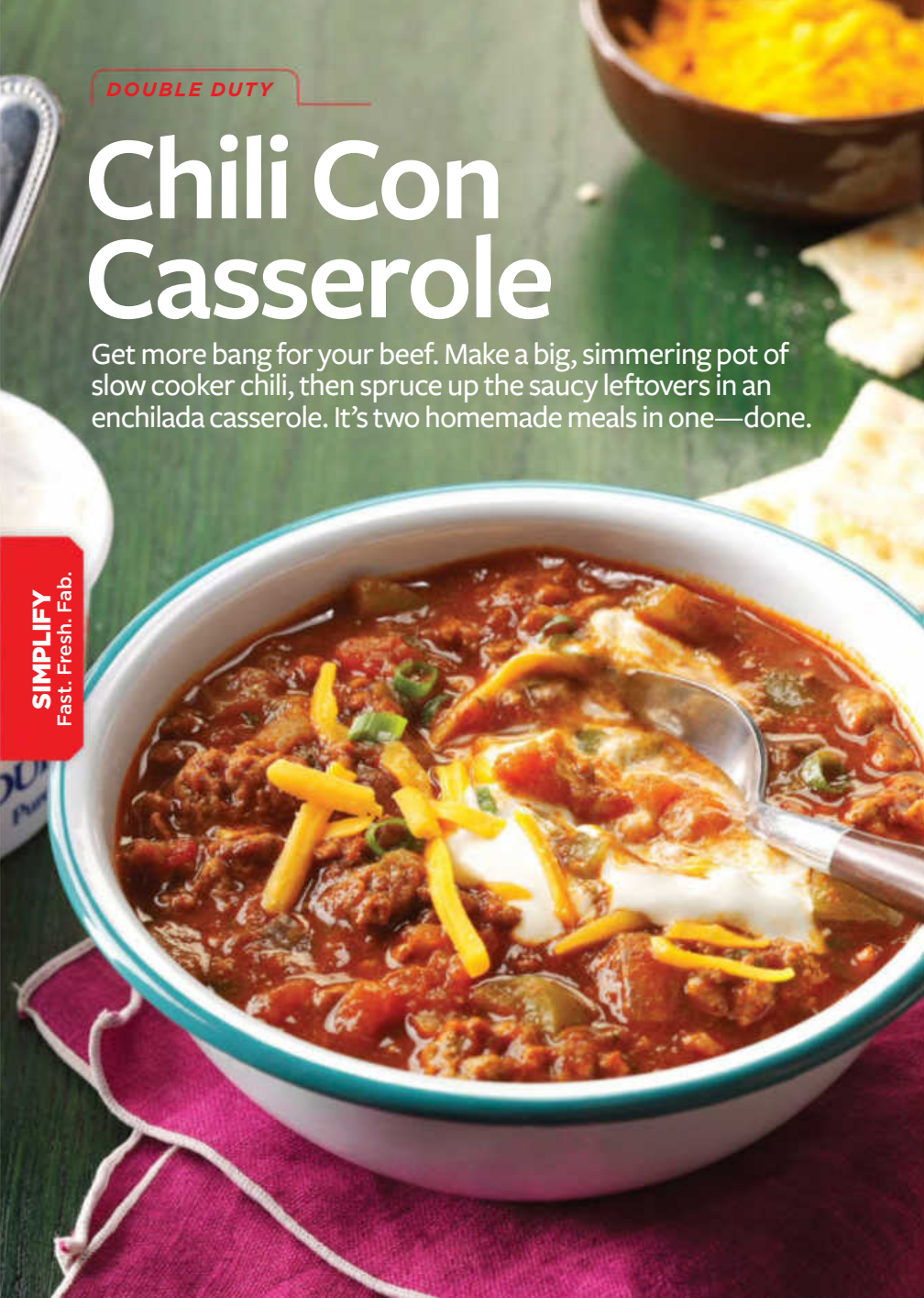
DOUBLE DUTY

Chili Con Casserole

Get more bang for your beef. Make a big, simmering pot of slow cooker chili, then spruce up the saucy leftovers in an enchilada casserole. It's two homemade meals in one—done.

SIMPLIFY

Fast. Fresh. Fab.



Hearty Chili Without Beans

When it's time to build my zesty chili, I load the slow cooker and let it do the work.

—**MOLLY BUTT** GRANVILLE, OH

PREP: 25 MIN. • **COOK:** 6 HOURS

MAKES: 5 SERVINGS PLUS LEFTOVERS

- 2 tsp. canola oil
- 1 large green pepper, chopped
- 1 large onion, chopped
- 2 garlic cloves, minced
- 3 lbs. lean ground beef (90% lean)
- 2 cans (14½ oz. each) stewed tomatoes, undrained
- 2 cans (8 oz. each) tomato sauce
- 2 cans (4 oz. each) chopped green chilies
- ½ cup minced fresh parsley
- 2 Tbsp. chili powder
- 1¼ tsp. salt
- 1 tsp. paprika
- ½ tsp. pepper
- Hot cooked rice or pasta
- Optional toppings: shredded cheddar cheese, sour cream and sliced green onions

1. In a skillet, heat oil over medium-high heat. Add green pepper, onion and garlic; cook and stir 3-4 minutes. Transfer to a 6-qt. slow cooker.
2. In same skillet, add beef, half at a time; cook over medium-high heat 6-8 minutes or until no longer pink, breaking into crumbles. Using a slotted spoon, transfer to slow cooker.
3. Stir tomatoes, tomato sauce, chilies, parsley and seasonings into beef mixture. Cook, covered, on low 6-8 hours to allow flavors to blend.

4. Reserve 5 cups chili for Layered Enchilada Casserole. Serve remaining chili with rice and toppings as desired.

FREEZE OPTION Freeze cooled chili in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, occasionally stirring and adding a little water or broth if necessary.

PER (1-CUP) SERVING 278 cal., 13 g fat (5 g sat. fat), 85 mg chol., 863 mg sodium, 13 g carb., 3 g fiber, 29 g pro.

FIESTA TIMES TWO

Facebook fans shared all the smart and easy ways they use leftover chili—when there's any left in the fridge.

Add a package of melted cream cheese to make a dip. Serve with nachos.

—**MARY DIKA FISHER**
GRANDE PRAIRIE, AB

Chili makes a great omelet filling. Top with avocado, cheese and chopped onions.

—**LINDA HENRY RICHARDSON**
DENVER, CO

I call it Mexaroni. Mix leftover chili with macaroni and cheese and a drained can of corn. Then put cheddar cheese and crumbled corn chips on top. Bake till heated through.

—**JOYCE DYKES** CASSVILLE, MO

I use it for a juicy burger topping. There are so many different choices!

—**PHILLIS FELICE** WINNSBORO, TX

FREEZE IT Layered
Enchilada Casserole

The *Taste of Home* Test Kitchen turned my chili recipe into a scrumptious and comforting casserole.

—MOLLY BUTT GRANVILLE, OH

PREP: 15 MIN. • **BAKE:** 35 MIN. + STANDING

MAKES: 12 SERVINGS

5 cups reserved Hearty Chili Without Beans or any thick no-bean chili

1½ cups frozen corn (about 8 oz.)

1 can (15 oz.) each black beans and pinto beans, rinsed and drained

6 flour tortillas (10 in.)

3 cups (12 oz.) shredded Mexican cheese blend, divided

1 can (10 oz.) enchilada sauce
Optional toppings: shredded lettuce and chopped tomatoes

1. Preheat oven to 375°. Combine chili, corn and beans. Spread 1 cup chili mixture into a greased 13x9-in. baking dish. Layer with two tortillas, 2 cups chili mixture, 1 cup cheese and ½ cup enchilada sauce. Repeat. Top with the remaining tortillas and chili mixture.

2. Bake, covered, 20-25 minutes or until heated through. Sprinkle with remaining cheese. Bake, uncovered, 10-15 minutes longer. Let stand 10 minutes before cutting. If desired, serve with lettuce and tomatoes.

FREEZE OPTION Freeze covered, unbaked casserole. To use, partially thaw in fridge overnight. Remove 30 minutes before baking. Preheat oven to 375°. Cover casserole with foil; bake as directed, keeping covered for 40-45 minutes or until center reaches 165°.

PER SERVING 409 cal., 17 g fat (7 g sat. fat), 60 mg chol., 1,031 mg sodium, 41 g carb., 6 g fiber, 25 g pro. ■





Cherry-Almond Broccoli Slaw

Shred 1 lb. fresh **broccoli** (including stems) and 1 medium **carrot**. Combine with $\frac{1}{4}$ cup each toasted **sliced almonds** and **dried cherries**. Stir in $\frac{1}{3}$ cup **honey mustard vinaigrette**. *Makes 4 servings.*

SUPER-EASY SIDES

Fresh & Green

Bright ideas for broccoli keep your prep work simple—and weeknight plates piled with healthy, crunchy, tangy sides.

Lemon-Garlic Broccoli

Saute 3 minced **garlic cloves** in 1 Tbsp. **olive oil**. Stir in 1 lb. steamed **broccoli florets**, $\frac{1}{2}$ tsp. grated **lemon peel**, **salt** and crushed **red pepper flakes** to taste. Top with shaved **Asiago cheese**. *Makes 4 servings.*



SIMPLY
Fast. Fresh. Fab.

SERIOUSLY SIMPLE

Smart Tarts

Two dozen pucker-up desserts. Zero stress. Reader Sarah Gilbert from Beaverton, Oregon, calls on simple ingredients to craft these bright little bites in a flash.

SIMPLIFY

Fast. Fresh. Fab.

HERE'S
WHAT
YOU'LL
NEED

- ▶ 1 pkg. (14.1 oz.) refrigerated pie pastry
- ▶ 1 pkg. (8 oz.) cream cheese
- ▶ 1 tsp. vanilla extract
- ▶ 1 jar (10 oz.) lemon curd
- ▶ 1 container (8 oz.) frozen whipped topping
- ▶ 1 cup fresh blueberries
- ▶ Confectioners' sugar, optional



1

ROLL & CUT On a work surface, unroll **refrigerated pie pastry** sheets. Cut 24 circles with a floured 3-in. round cutter, rerolling the scraps as you go.



2

PRESS & BAKE Press circles into muffin cups, smoothing edges. Poke generously with a fork. Bake at 450° for 5-7 minutes. Cool completely on wire racks.



3

FOLD & FILL Beat together **cream cheese** and **vanilla**; add $\frac{1}{4}$ cup **lemon curd**. Gradually fold in the **whipped topping**. Spoon into tart shells.



4

DOLLOP & DUST Top each filled tart with a dab of **lemon curd** and a few **blueberries**. Chill until serving, dusting the tarts with **confectioners' sugar** if you like. ■

FROM THE FREEZER

Top Those Tots

Raid your freezer for a bag of Tater Tots and swap them for tortilla chips in this twist on classic nachos. Hello, Tot-chos!

SIMPLIFY
Fast. Fresh. Fab.



FAST FIX Tater Tot-chos

In a skillet, cook 1 lb. **ground beef** over medium heat 6-8 minutes, breaking into crumbles; drain. Stir in 1 envelope **reduced-sodium taco seasoning** and $\frac{3}{4}$ cup **water**. Bring to a boil; cook and stir 2 minutes or until thickened. Among six bowls, layer 4 cups baked **mini Tater Tots**, beef mixture, $\frac{1}{2}$ cup shredded **cheddar**, 2 cups shredded **lettuce**, $\frac{1}{2}$ cup **sour cream**, $\frac{1}{4}$ cup **taco sauce** and, if you like, $\frac{1}{4}$ cup sliced ripe **olives**. **Makes 6 servings.**
PER SERVING 375 cal., 23 g fat (9 g sat. fat), 70 mg chol., 828 mg sodium, 27 g carb., 2 g fiber, 18 g pro. —**ELEANOR MIELKE MITCHELL**, SD

Busy Day Dinners

30 IN 30

With 30 fast and fabulous suppers on the docket, your family's new favorites just keep coming. Get ready for buttery shrimp pasta, bacon burritos, mini meat loaves and more.

30
recipes in
30
minutes
BONUS: 6 FAST SIDES!

Rosemary Shrimp with
Spaghetti, page 39



1

FAST FIX Garlic & Herb Steak Pizza

We crave pizza that's fast, cheesy and original. This one with steak and veggies is for folks who like their pie with everything on top.

—JADE FEARS GRAND RIDGE, FL

TAKES: 30 MIN. • **MAKES:** 6 SERVINGS

- 1 beef top sirloin steak ($\frac{3}{4}$ in. thick and 1 lb.)
- $\frac{3}{4}$ tsp. salt
- $\frac{3}{4}$ tsp. pepper
- 1 Tbsp. olive oil
- 1 prebaked 12-in. thin pizza crust
- $\frac{1}{2}$ cup garlic-herb spreadable cheese (about 3 oz.)
- 2 cups chopped fresh spinach
- 1 cup sliced red onion
- 1 cup sliced fresh mushrooms

$1\frac{1}{2}$ cups (6 oz.) shredded part-skim mozzarella cheese

1. Preheat oven to 450°. Season steak with salt and pepper. In a skillet, heat oil over medium heat. Add steak; cook 5-6 minutes on each side or until a thermometer reads 145° for medium-rare doneness. Remove from pan.

2. Meanwhile, place pizza crust on an ungreased baking sheet; spread with garlic-herb cheese. Top with spinach and onion.

3. Cut steak into slices; arrange on pizza. Top with mushrooms and cheese. Bake 8-10 minutes or until cheese is melted.

PER SERVING 440 cal., 23 g fat (11 g sat. fat), 72 mg chol., 926 mg sodium, 29 g carb., 2 g fiber, 30 g pro.

FAST FIX **Bean & Bacon Griddle Burritos**



These simple griddle burritos make an awesome hand-held meal. I like to use fresh pico de gallo when I can, but a favorite

jarred salsa always works, too.

—**STACY MULLENS** GRESHAM, OR

TAKES: 20 MIN. • **MAKES:** 4 SERVINGS

- 1 can (16 oz.) fat-free refried beans**
- ½ cup salsa, divided**
- 4 flour tortillas (8 in.)**
- ½ cup crumbled cotija cheese or shredded Monterey Jack cheese**
- 3 bacon strips, cooked and coarsely chopped**
- 2 cups shredded lettuce**

1. In a bowl, mix beans and ¼ cup salsa until blended. Place tortillas on a griddle; cook over medium heat 1 minute, then turn over. Place bean mixture, cheese and bacon onto centers of tortillas; cook 1-2 minutes longer or until tortillas begin to crisp.

2. Remove from griddle; immediately top with lettuce and remaining salsa. To serve, fold bottom and sides of tortilla over filling.

PER SERVING 375 cal., 10 g fat (4 g sat. fat), 21 mg chol., 1,133 mg sodium, 52 g carb., 8 g fiber, 18 g pro.

HEALTH TIP Save almost 300 mg sodium per serving with Amy's Organic Light In Sodium Traditional Refried Beans or Eden Foods' lightly salted refried beans.



EAT SMART FAST FIX Blackened Pork Caesar Salad


When I cook, the goal is to have enough leftovers for lunch the next day. This fresh Caesar salad with pork has fantastic flavor

even when the meat is chilled.

—PENNY HEDGES DEWDNEY, BC

TAKES: 30 MIN. • **MAKES:** 2 SERVINGS

- 2 Tbsp. mayonnaise
- 1 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1 garlic clove, minced
- $\frac{1}{8}$ tsp. seasoned salt
- $\frac{1}{8}$ tsp. pepper
- 1 pork tenderloin ($\frac{3}{4}$ lb.), cut into 1-in. cubes

- 1 Tbsp. blackened seasoning
- 1 Tbsp. canola oil
- 6 cups torn romaine
- Salad croutons and shredded Parmesan cheese, optional

1. For dressing, in a small bowl, mix the first six ingredients until blended.
2. Toss pork with the blackened seasoning. In a skillet, heat oil over medium-high heat. Add pork; cook and stir 5-7 minutes or until tender.
3. To serve, place romaine in a large bowl; add dressing and toss to coat. Top with pork, and, if desired, croutons and cheese.

PER SERVING 458 cal., 31 g fat (5 g sat. fat), 100 mg chol., 464 mg sodium, 8 g carb., 3 g fiber, 36 g pro.

serves

2

3



4

EAT SMART FAST FIX Apple-Glazed Chicken Thighs

Even my picky eater likes this chicken glazed with apple juice and thyme.

—KERRY PICARD SPOKANE, WA

TAKES: 25 MIN. • **MAKES:** 6 SERVINGS

- 6 boneless skinless chicken thighs (1½ lbs.)
- ¾ tsp. seasoned salt
- ¼ tsp. pepper
- 1 Tbsp. canola oil
- 1 cup unsweetened apple juice
- 1 tsp. minced fresh thyme or ¼ tsp. dried thyme

1. Sprinkle chicken with seasoned salt and pepper. In a skillet, heat oil over medium-high heat. Brown chicken on both sides. Set aside.

2. Add apple juice and thyme to skillet. Bring to a boil, stirring to loosen browned bits from pan; cook until liquid is reduced by half. Return chicken to pan; cook, covered, over medium heat 3-4 minutes or until chicken reaches 170°.

PER SERVING 204 cal., 11 g fat (2 g sat. fat), 76 mg chol., 255 mg sodium, 5 g carb., trace fiber, 21 g pro.

Diabetic Exchanges: 3 lean meat, ½ fat.

ON THE SIDE

Bacon Brussels Sprouts

In a skillet, sauté 1 lb. halved **Brussels sprouts** in ¼ cup **butter** until tender. Add 6 cooked, crumbled **bacon strips**, ⅔ cup chopped **walnuts** and 3 minced **garlic cloves**; cook 1-2 minutes longer or until heated through. **Makes 6 servings.**

—LISA DANIELL LOVELAND, CO



5

FREEZE IT FAST FIX

Dad's Favorite Barbecue Meat Loaves

It warms my heart to serve dishes that make my family and friends happy. This recipe does just that, and then some.

—LETA WINTERS JOHNSON CITY, TN

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 1 large egg, lightly beaten
- ½ cup stuffing mix, crushed
- 3 Tbsp. 2% milk
- 2 Tbsp. grated Parmesan cheese
- 1 Tbsp. plus ¼ cup barbecue sauce, divided
- 1 lb. ground beef

1. Preheat oven to 425°. In a large bowl, combine egg, stuffing mix, milk, cheese and 1 Tbsp. barbecue sauce.

Add beef; mix lightly but thoroughly. Shape into four 4x2-in. loaves on a foil-lined 15x10x1-in. baking pan.

2. Bake 15-20 minutes or until a thermometer reads 160°. Spread with remaining barbecue sauce before serving.

FREEZE OPTION *Individually wrap cooled meat loaves in plastic wrap and foil, then freeze. To use, partially thaw meat loaves in refrigerator overnight. Unwrap loaves; reheat in a greased 15x10x1-in. baking pan in a preheated 350° oven until heated through and a thermometer inserted in center reads 165°. Top each with 1 Tbsp. barbecue sauce before serving.*

PER SERVING 305 cal., 16 g fat (6 g sat. fat), 120 mg chol., 449 mg sodium, 15 g carb., 1 g fiber, 24 g pro.

EAT SMART FAST FIX **Cod with Hearty Tomato Sauce**

My father created this saucy dish for my mom, but we love it at our house, too. It's also nice served with brown rice.

—ANN MARIE EBERHART

GIG HARBOR, WA **field editor**

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 2 cans (14½ oz. each) diced tomatoes with basil, oregano and garlic, undrained**
- 4 cod fillets (6 oz. each)**
- 2 Tbsp. olive oil, divided**
- 2 medium onions, halved and thinly sliced (about 1½ cups)**
- ½ tsp. dried oregano**
- ¼ tsp. pepper**
- ¼ tsp. crushed red pepper flakes**
- Hot cooked whole wheat pasta**

- 1.** Place tomatoes in a blender. Cover and process until pureed.
 - 2.** Pat fish dry with paper towels. In a skillet, heat 1 Tbsp. oil over medium-high heat. Add cod; cook 2-4 minutes on each side or until surface of fish begins to color. Remove from pan.
 - 3.** In same skillet, heat remaining oil over medium-high heat. Add onions; cook and stir 2-4 minutes or until tender. Stir in seasonings and pureed tomatoes; boil. Add cod; return just to a boil, spooning sauce over tops. Reduce heat; simmer, uncovered, 5-7 minutes or until fish just begins to flake easily with a fork. Serve with pasta.
- PER SERVING** 271 cal., 8 g fat (1 g sat. fat), 65 mg chol., 746 mg sodium, 17 g carb., 4 g fiber, 29 g pro. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1½ fat.

6

less than
300
calories

EAT SMART FAST FIX

Seared Balsamic Salmon

A friend gave me this easy approach to salmon with a mildly sweet sauce.

—TRISH HORTON COLORADO SPRINGS, CO

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 4 salmon fillets (4 oz. each)
- $\frac{1}{2}$ tsp. salt
- 2 tsp. canola oil
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup balsamic vinegar
- 4 tsp. lemon juice
- 4 tsp. brown sugar
- Coarsely ground pepper

1. Sprinkle salmon with salt. In a nonstick skillet coated with cooking spray, heat oil over medium heat. Place salmon in skillet, skin side up; cook

4–5 minutes per side or until fish begins to flake. Remove from pan; keep warm.

2. In same skillet, combine water, vinegar, lemon juice and sugar. Bring to a boil; cook until liquid is reduced to $\frac{1}{3}$ cup, stirring occasionally. Serve salmon with pepper and sauce.

PER SERVING 231 cal., 13 g fat (2 g sat. fat), 57 mg chol., 353 mg sodium, 9 g carb., trace fiber, 19 g pro. **Diabetic Exchanges:** 3 lean meat, $\frac{1}{2}$ fat, $\frac{1}{2}$ starch.

ON THE SIDE

Lemon Butter New Potatoes

Boil 12 small red potatoes until tender; drain. Stir in $\frac{1}{2}$ cup melted butter, 3 Tbsp. lemon juice, 1 tsp. each salt and grated lemon peel, $\frac{1}{4}$ tsp. pepper and $\frac{1}{8}$ tsp. ground nutmeg. Top with 2 Tbsp. minced fresh parsley. **Makes 4 servings.**

—SANDY MCKENZIE BRAHAM, MN

7

less than
300
calories



5 INGREDIENTS FAST FIX

Muffin Tin Lasagnas

This is a super-fun way to serve lasagna for potlucks and parties. My daughter took these to work and by noon was emailing me for the recipe. Sometimes I'll stuff in Italian sausage, too.

—SALLY KILKENNY GRANGER, IA

TAKES: 30 MIN. • **MAKES:** 6 SERVINGS

- 1 large egg, lightly beaten
- 1 carton (15 oz.) part-skim ricotta cheese
- 2 cups (8 oz.) shredded Italian cheese blend, divided
- 1 Tbsp. olive oil
- 24 wonton wrappers
- 1 jar (24 oz.) garden-style pasta sauce
- Minced fresh parsley, optional

1. Preheat oven to 375°. In a bowl, mix egg, ricotta cheese and 1¼ cups Italian cheese blend.

2. Generously grease 12 muffin cups with oil; line each with a wonton wrapper. Fill each with 1 Tbsp. ricotta mixture and 1½ Tbsp. pasta sauce. Top each with a second wrapper, rotating corners and pressing down centers. Repeat ricotta and sauce layers. Sprinkle with the remaining cheese blend.

3. Bake 20-25 minutes or until cheese is melted. If desired, sprinkle with parsley.

PER SERVING 431 cal., 20 g fat (9 g sat. fat), 83 mg chol., 979 mg sodium, 38 g carb., 2 g fiber, 22 g pro.



9

FAST FIX**Peppery Philly Steaks**

These zesty sandwiches are easy enough to cook on our cabin's wood stove.

—**EDIE FITCH** CLIFTON, AZ

TAKES: 30 MIN. • **MAKES:** 6 SERVINGS

- 3 Tbsp. canola oil, divided
- 1 each medium green pepper and sweet red pepper, julienned
- 1 large onion, halved and thinly sliced
- 1½ lbs. beef top sirloin steak, cut into ¼-in. strips
- ½ tsp. salt
- 2 cans (4 oz. each) whole green chilies, drained and sliced
- 2 Tbsp. butter, softened
- 6 French or Italian sandwich rolls, split
- 6 slices Swiss cheese

1. Preheat oven to 350°. In a skillet, heat 1 Tbsp. oil over medium heat.

Add peppers and onion; cook and stir until crisp-tender. Remove from pan.

2. In same pan, heat remaining oil over medium-high heat. Add beef; cook and stir 2-3 minutes or until no longer pink. Stir in salt, chilies and pepper mixture.

3. Spread butter over cut sides of sandwich rolls. On roll bottoms, layer steak mixture and cheese; replace tops. Place in a 15x10-in. baking pan; cover tightly with foil. Bake 10-12 minutes or until heated through.

PER SERVING 473 cal., 21 g fat (7 g sat. fat), 66 mg chol., 650 mg sodium, 36 g carb., 2 g fiber, 34 g pro.

5 INGREDIENTS FAST FIX

Rosemary-Lemon Chicken Thighs



A cooking show inspired me to whip up these juicy chicken thighs and now they're a weeknight staple.

—JENNIFER TIDWELL

FAIR OAKS, CA **field editor**

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 2** bacon strips, chopped
- 1** tsp. minced fresh rosemary or $\frac{1}{4}$ tsp. dried rosemary, crushed
- 4** boneless, skin-on chicken thighs
- $\frac{1}{8}$ tsp. pepper
- Dash salt
- $\frac{1}{3}$ cup chicken broth
- 3** Tbsp. lemon juice

1. In a large skillet, cook bacon and rosemary over medium heat until bacon is crisp, stirring occasionally. Using a slotted spoon, remove the bacon to paper towels; reserve drippings in pan.

2. Sprinkle chicken with pepper and salt; brown in drippings on both sides, starting skin side up. Cook, covered, skin side down, over medium heat 4–6 minutes or until a thermometer reads 170°. Remove from pan; keep warm. Pour off drippings from pan.

3. Add broth and lemon juice to same skillet. Bring to a boil, scraping to loosen browned bits from pan; cook until liquid is reduced by half. Spoon over chicken; sprinkle with bacon.

PER SERVING 286 cal., 20 g fat (6 g sat. fat), 91 mg chol., 279 mg sodium, 1 g carb., trace fiber, 24 g pro.

10

less than
300
calories

FAST FIX

Ham & Veggie Casserole

Talk about comfort food. Broccoli, cauliflower, ham and cheese make such a classic winter flavor combo. Serve with a basket of warm dinner rolls.

—SHERRI MELOTIK OAK CREEK, WI

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 1 pkg. (16 oz.) frozen broccoli florets
- 1 pkg. (16 oz.) frozen cauliflower
- 2 tsp. plus 2 Tbsp. butter, divided
- ¼ cup seasoned bread crumbs
- 2 Tbsp. all-purpose flour
- 1½ cups 2% milk
- ¾ cup shredded sharp cheddar cheese
- ½ cup grated Parmesan cheese
- 1½ cups cubed fully cooked ham
- ¼ tsp. pepper

1. Preheat oven to 425°. Cook broccoli and cauliflower according to package directions; drain.

2. In a skillet, melt 2 tsp. butter. Add bread crumbs; cook and stir over medium heat 2-3 minutes or until lightly toasted. Remove from heat.

3. In a saucepan, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in milk. Boil, stirring constantly; cook and stir 1-2 minutes or until thickened. Remove from heat; stir in cheeses until blended. Stir in ham, pepper and vegetables.

4. Transfer to a greased 8-in. square baking dish. Sprinkle with toasted bread crumbs. Bake, uncovered, 10-15 minutes or until heated through.

PER SERVING 420 cal., 23 g fat (13 g sat. fat), 89 mg chol., 1,233 mg sodium, 25 g carb., 6 g fiber, 28 g pro.





EAT SMART FAST FIX

Smoky Espresso Steak

This juicy steak rubbed with a bold spice blend is one of my husband's favorites.

—DEBORAH BIGGS OMAHA, NE

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 3 tsp. instant espresso powder
- 2 tsp. brown sugar
- 1½ tsp. smoked or regular paprika
- 1 tsp. each salt and baking cocoa
- ¼ tsp. pumpkin pie spice
- ¼ tsp. pepper
- 1 lb. beef flat iron or top sirloin steak (¾ in. thick)

1. Preheat broiler. In a small bowl, mix the first seven ingredients; rub over both sides of steak. Place steak on a broiler pan; let stand 10 minutes.

2. Broil steak 3-4 in. from heat for 4-6 minutes per side or until meat reaches desired doneness (145° for medium-rare; medium, 160°; well-done, 170°). Let stand 5 minutes before slicing.

PER SERVING 216 cal., 12 g fat (5 g sat. fat), 73 mg chol., 661 mg sodium, 4 g carb., trace fiber, 22 g pro.

ON THE SIDE

Garlic Broccoli Pasta

Cook 1¾ cups **rigatoni** following package directions; add 2 cups fresh **broccoli florets** during the last 5 minutes. In a saucepan, sauté 3 minced **garlic cloves** in 4½ tsp. **olive oil** until tender. Drain pasta mixture; add to saucepan. Stir in ¼ cup shredded **Parmesan cheese**, ½ tsp. **salt** and ⅓ tsp. **pepper**. **Makes 4 servings.**

—MICHELE THOMPSON

SANTA CLARITA, CA



13

EAT SMART FAST FIX**Spicy Mango Scallops**

I warm up the whole family with this spicy seafood recipe. If scallops are small, add more and cut the cooking time.

—**NICOLE FILIZETTI** STEVENS POINT, WI

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 12 sea scallops (1½ lbs.)
- 1 Tbsp. peanut or canola oil
- 1 medium red onion, chopped
- 1 garlic clove, minced
- ¼ to ½ tsp. crushed red pepper flakes
- ½ cup unsweetened pineapple juice
- ¼ cup mango chutney
- 2 cups hot cooked basmati rice
- Minced fresh cilantro

1. Pat scallops dry with paper towels. In a large skillet, heat oil over

medium-high heat. Add scallops and cook 1-2 minutes per side or until golden and firm. Remove from pan.

2. Add onion to same pan; cook and stir until tender. Add garlic and pepper flakes; cook 1 minute longer. Stir in pineapple juice. Bring to a boil; cook until liquid is reduced by half. Stir in chutney.

3. Return scallops to pan; heat through, stirring gently to coat. Serve with rice; sprinkle with cilantro.

PER SERVING 371 cal., 5 g fat (1 g sat. fat), 56 mg chol., 447 mg sodium, 47 g carb., 1 g fiber, 31 g pro.

Diabetic Exchanges: 4 lean meat, 3 starch, ½ fat.

HEALTH TIP *Even though peanut oil is higher in saturated fat than canola oil, it's still made up of mainly (healthy) unsaturated fat.*

FAST FIX Spinach & Tortellini Soup

My tomatoey broth is perfect for cheese tortellini and fresh spinach. Stir in extra garlic and herbs to suit your taste.

—DEBBIE WILSON BURLINGTON, NC

TAKES: 20 MIN. • **MAKES:** 6 SERVINGS

- 1 tsp. olive oil
- 2 garlic cloves, minced
- 1 can (14½ oz.) no-salt-added diced tomatoes, undrained
- 3 cans (14½ oz. each) vegetable broth
- 2 tsp. Italian seasoning
- 1 pkg. (9 oz.) refrigerated cheese tortellini
- 4 cups fresh baby spinach
- Shredded Parmesan cheese and freshly ground pepper

In a large saucepan, heat oil over medium heat. Add garlic; cook and stir 1 minute. Stir in tomatoes, broth and Italian seasoning; bring to a boil. Add tortellini; bring to a gentle boil. Cook, uncovered, 7-9 minutes or just until tortellini are tender. Stir in spinach. Serve with cheese and pepper.

PER SERVING 162 cal., 5 g fat (2 g sat. fat), 18 mg chol., 998 mg sodium, 25 g carb., 2 g fiber, 6 g pro.

ON THE SIDE

Greens with Orange Vinaigrette

Whisk 2 Tbsp. each olive oil and orange juice, 1 Tbsp. cider vinegar, 1 tsp. grated orange peel, dash each salt and pepper. Place 1 package (5 oz.) spring mix salad greens in a bowl. Drizzle with vinaigrette; toss to coat. **Makes 6 servings.**

—KRISTIN BATAILLE STAMFORD, CT

14



EAT SMART FAST FIX Apple
& Sweet Potato Quinoa


When feeding three hungry boys, I rely on quick, filling and tasty meals like this one.

—**CHERYL BEADLE**
PLYMOUTH, MI

TAKES: 30 MIN. • **MAKES:** 6 SERVINGS

2¼ cups chicken or vegetable stock

1 cup quinoa, rinsed

2 Tbsp. canola oil

**2 lbs. sweet potatoes (3 medium),
peeled and cut into ½-in. pieces**

2 shallots, finely chopped

**3 medium Gala or Honeycrisp
apples, cut into ¼-in. slices**

½ cup white wine or additional stock

½ tsp. salt

**1 can (15 oz.) black beans, rinsed
and drained**

1. In a saucepan, bring stock and quinoa to a boil. Reduce heat; simmer, covered, 15-20 minutes or until liquid is almost absorbed. Remove from heat.

2. In a 6-qt. stockpot, heat oil over medium heat. Add potatoes and shallots; cook and stir 5 minutes. Add apples; cook and stir 6-8 minutes longer.

3. Stir in wine and salt. Bring to a boil; cook, uncovered, until wine is evaporated, about 1 minute. Stir in black beans and quinoa; heat through.

PER SERVING 423 cal., 7 g fat (1 g sat. fat), 0 chol., 541 mg sodium, 76 g carb., 10 g fiber, 12 g pro.

HEALTH TIP Quinoa is one of the only plant foods that has all of the amino acids we need.





16

EAT SMART FAST FIX Sesame Chicken Slaw Salad

Here's my gingery-sweet take on Asian chicken salad with wonton strips.

—MICHELLE MULRAIN EVANS, GA

TAKES: 20 MIN. • **MAKES:** 6 SERVINGS

- 1 pkg. (14 oz.) coleslaw mix
- 4 cups torn romaine
- 3 cups shredded rotisserie chicken
- 1 large sweet red pepper, julienned
- 1 small red onion, halved and thinly sliced
- $\frac{3}{4}$ cup reduced-fat Asian toasted sesame salad dressing
- 1 medium avocado, peeled and sliced
- 1 can (11 oz.) mandarin oranges, drained
- $\frac{3}{4}$ cup crunchy garlic ginger wonton strips

In a large bowl, combine the first five ingredients. Drizzle with dressing and toss to coat. Top with remaining ingredients. Serve immediately.

PER SERVING 309 cal., 13 g fat (2 g sat. fat), 62 mg chol., 414 mg sodium, 26 g carb., 5 g fiber, 25 g pro.

Diabetic Exchanges: 3 lean meat, 2 vegetable, 2 fat, 1 starch.

ON THE SIDE

Herbed Pita Chips

Place 4 **pita breads** (6 in.) on an ungreased baking sheet; brush with 1 Tbsp. melted **butter**. Combine $\frac{1}{2}$ tsp. each dried **basil** and **thyme**; sprinkle over pitas. Cut each pita into eight wedges. Bake at 400° for 8-10 minutes or until crisp. **Makes 6 servings.**

—TASTE OF HOME TEST KITCHEN



17

5 INGREDIENTS FAST FIX**Spaghetti Squash & Sausage Easy Meal**

I created my son's favorite dish using homegrown squash, kielbasa and salsa.

—PAM MASCARENAS TAYLORSVILLE, UT

TAKES: 30 MIN. • **MAKES:** 6 SERVINGS

- 1 medium spaghetti squash
- 1 Tbsp. olive oil
- 1 pkg. (14 oz.) smoked sausage, halved lengthwise and sliced
- 1 cup pico de gallo
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper

1. Cut squash lengthwise in half; discard seeds. Place on a microwave-safe plate, cut side down. Microwave, uncovered, on high 15-20 minutes.

2. Meanwhile, in a large skillet, heat oil over medium heat. Add sausage; cook and stir 4-5 minutes or until lightly browned.

3. When squash is cool enough to handle, use a fork to separate strands. Add squash, pico de gallo, salt and pepper to sausage; heat through, tossing to combine.

NOTE *This recipe was tested in a 1,100-watt microwave.*

PER SERVING 326 cal., 22 g fat (8 g sat. fat), 44 mg chol., 901 mg sodium, 24 g carb., 5 g fiber, 12 g pro.

HEALTH TIP *If you want a dinner that's low on carbs but high on comfort, here's your answer. One cup cooked spaghetti squash has about 10 g carbs versus the 45 g in regular spaghetti.*

EAT SMART FAST FIX **Spicy Turkey Lettuce Wraps**



My go-to meal after an evening run is this fresh and satisfying turkey wrap with jicama, a crunchy, potato-like root veggie

that's popular in Mexican cooking.

—CHRISTIE ARP BLUE RIDGE, GA

TAKES: 20 MIN. • **MAKES:** 2 SERVINGS

- ½ lb. lean ground turkey**
- ½ cup chopped peeled jicama or celery**
- ¼ cup chopped onion**
- 2 Tbsp. reduced-sodium soy sauce**
- 2 tsp. minced fresh gingerroot**
- 1 garlic clove, minced**
- ⅛ tsp. cayenne pepper**

- ⅛ tsp. pepper**
- ¼ cup julienned carrot**
- 6 Bibb lettuce leaves**
- Hot mustard, optional**

1. In a large skillet, cook turkey, jicama and onion over medium heat 4-6 minutes or until turkey is no longer pink, breaking up turkey into crumbles. Stir in soy sauce, ginger, garlic and peppers. Add carrot; cook and stir 1-2 minutes longer or until liquid is absorbed.

2. Serve in lettuce. If desired, serve with mustard.

PER SERVING 212 cal., 9 g fat (2 g sat. fat), 78 mg chol., 655 mg sodium, 9 g carb., 3 g fiber, 24 g pro.
Diabetic Exchanges: 3 lean meat, 1 vegetable.

18

less than
300
calories



FAST FIX Mushroom & Onion Grilled Cheese Sandwiches



We took grilled cheese up a notch with bacon, baby portobellos and cheddar. For weeknight comfort, it's good to the last crumb.

—BLAIR LONERGAN ROCHELLE, VA

TAKES: 25 MIN. • **MAKES:** 4 SERVINGS

- 3 Tbsp. butter, softened, divided**
- 8 oz. sliced baby portobello mushrooms**
- 1 small onion, halved and thinly sliced**
- 8 thin slices cheddar cheese (3 oz.)**
- 8 slices Texas toast**
- 4 bacon strips, cooked and crumbled**

1. In a large nonstick skillet coated with cooking spray, heat 1 Tbsp. butter over medium-high heat. Add mushrooms and onion; cook and stir 4-5 minutes or until tender. Remove from pan. Wipe skillet clean.

2. Place one slice cheese on each of four bread slices. Top with mushroom mixture, bacon and remaining cheese and bread. Lightly spread outsides of sandwiches with remaining butter.

3. In same skillet, toast sandwiches in batches over medium heat for 45-60 seconds on each side or until golden brown and cheese is melted.

PER SERVING 406 cal., 21 g fat (11 g sat. fat), 54 mg chol., 729 mg sodium, 39 g carb., 2 g fiber, 16 g pro.





20

EAT SMART FAST FIX Rosemary Shrimp with Spaghetti

Shrimp, garlic and rosemary make a topflight flavor combo.

—CANDACE HAVELY STERLING, CO

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 8 oz. uncooked white fiber or whole wheat spaghetti
- 1 Tbsp. olive oil
- 1 lb. uncooked shrimp (31-40 per lb.), peeled and deveined
- 2 garlic cloves, minced
- 1½ tsp. minced fresh rosemary or ½ tsp. dried rosemary, crushed
- 2 cups fresh baby spinach
- 2 Tbsp. lemon juice
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ cup crumbled feta cheese

1. Cook spaghetti according to package directions. Drain, reserving ½ cup pasta water.

2. Meanwhile, in a large skillet, heat oil over medium heat. Add shrimp, garlic and rosemary; cook and stir 3-4 minutes or just until shrimp turn pink. Stir in spinach; cook, covered, until slightly wilted.

3. Add spaghetti, lemon juice, salt and pepper; toss to combine, adding reserved pasta water as desired. Sprinkle with feta cheese. Remove from heat; let stand, covered, until cheese is melted.

PER SERVING 349 cal., 7 g fat (2 g sat. fat), 142 mg chol., 366 mg sodium, 46 g carb., 8 g fiber, 29 g pro.

Diabetic Exchanges: 3 starch, 3 lean meat, ½ fat.



21

5 INGREDIENTS FAST FIX**Sausage & Pepper Pierogi Skillet**

A package of pierogies helps me serve this skillet meal in a hurry.

—**MOLLY FLESSNER** BLOOMINGTON, IL

TAKES: 20 MIN. • **MAKES:** 6 SERVINGS

- 1 pkg. (12.84 oz.) frozen mini four-cheese pierogies
- 2 Tbsp. olive oil, divided
- 1 lb. smoked turkey kielbasa, halved lengthwise and sliced diagonally
- 1 large sweet red pepper, cut into strips
- 1 medium onion, halved and sliced

1. Boil pierogies following package directions; drain. In a large skillet, heat 1 Tbsp. oil over medium heat. Add

kielbasa, pepper and onion; cook and stir 10-12 minutes or until sausage is browned and onion is tender. Set aside.

2. In same skillet, heat remaining oil over medium heat. Add pierogies; cook and stir 1-2 minutes. Return kielbasa mixture to pan; heat through.

PER SERVING 257 cal., 10 g fat (2 g sat. fat), 52 mg chol., 968 mg sodium, 24 g carb., 2 g fiber, 16 g pro.

ON THE SIDE**Green Beans with Basil**

Cook 1 lb. trimmed fresh green beans, covered, in $\frac{1}{4}$ cup boiling water 7 minutes; drain. Stir in 2 Tbsp. butter, $\frac{1}{2}$ cup chopped onion, $\frac{1}{4}$ cup chopped celery, 1 minced garlic clove, $\frac{1}{2}$ tsp. each dried basil and crushed dried rosemary. Cover and cook 4 minutes. **Makes 6 servings.**

—**LAUREL LESLIE** SONORA, CA

Mediterranean Chickpeas

Add this to your meatless Monday lineup. It's great topped with feta cheese.

—ELAINE OBER BROOKLINE, MA

TAKES: 25 MIN. • **MAKES:** 4 SERVINGS

- 1 cup water
- $\frac{3}{4}$ cup uncooked whole wheat couscous
- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (15 oz.) chickpeas or garbanzo beans, rinsed and drained
- 1 can (14½ oz.) no-salt-added stewed tomatoes, cut up
- 1 can (14 oz.) water-packed artichoke hearts, rinsed, drained and chopped

- $\frac{1}{2}$ cup pitted Greek olives, coarsely chopped
- 1 Tbsp. lemon juice
- $\frac{1}{2}$ tsp. dried oregano
- Dash pepper
- Dash cayenne pepper

1. In a saucepan, bring water to a boil. Stir in couscous. Remove from heat; let stand, covered, 5-10 minutes or until water is absorbed. Fluff with a fork.

2. Meanwhile, in a nonstick skillet, heat oil over medium-high heat. Add onion; cook and stir until tender. Add garlic; cook 1 minute. Add remaining ingredients; heat through, stirring occasionally. Serve with couscous.

PER SERVING 340 cal., 10 g fat (1 g sat. fat), 0 chol., 677 mg sodium, 51 g carb., 9 g fiber, 11 g pro.



FAST FIX

Chicken Reuben Roll-Ups



Do St. Patrick's Day a little differently this year with my crunch-coated chicken rolls.

—ASHLI KOTTWITZ
HERMITAGE, TN

TAKES: 30 MIN. • **MAKES:** 2 SERVINGS

- 2 slices swirled rye and pumpernickel bread, torn into 2-in. pieces**
- 2 boneless skinless chicken breast halves (4 oz. each)**
- ¼ tsp. garlic salt**
- ¼ tsp. pepper**
- 2 slices Swiss cheese**
- 2 slices deli corned beef**
- Tbsp. Thousand Island dressing**
- Additional dressing, optional**

1. Preheat oven to 425°. Place bread in a blender. Cover and pulse to form coarse crumbs; place in a shallow bowl.

2. Pound chicken to ¼-in. thickness; sprinkle with garlic salt and pepper. Top with cheese and corned beef.

Roll up chicken from a short side and secure with toothpicks. Brush outsides with dressing; roll in bread crumbs.

3. Place the roll-ups on a greased baking sheet, seam side down. Bake for 20-25 minutes or until the chicken is no longer pink. Discard toothpicks.

PER SERVING 326 cal., 13 g fat (4 g sat. fat), 89 mg chol., 790 mg sodium, 18 g carb., 2 g fiber, 32 g pro.

HEALTH TIP A classic Reuben sandwich can go beyond 700 calories, 40 g fat and nearly 3,000 mg sodium! This roll-up brings on all the flavor without the obligatory post-meal workout.

serves

2



23



24

EAT SMART **5** **INGREDIENTS****Dijon-Honey Pork Chops**

Lemon pepper is our sprinkle of choice for these chops. With the honey mustard sauce, there's no need to pass the salt.

—SHIRLEY GOEHRING LODI, CA

TAKES: 20 MIN. • **MAKES:** 4 SERVINGS

- 4 boneless pork loin chops**
(5 oz. each)
- 1 tsp. salt-free lemon-pepper seasoning**
- 2 tsp. canola oil**
- ½ cup orange juice**
- 1 Tbsp. Dijon mustard**
- 1 Tbsp. honey**

1. Sprinkle pork chops with lemon pepper. In a large nonstick skillet coated with cooking spray, heat oil

over medium heat. Brown chops on both sides.

2. Whisk orange juice, mustard and honey until blended; pour over chops. Bring to a boil. Reduce heat; simmer, covered, 5-8 minutes or until pork chops reach 145°.

3. Remove chops from pan; keep warm. Bring sauce to a boil; cook until mixture is reduced to ¼ cup, stirring occasionally. Serve with chops.

PER SERVING 244 cal., 11 g fat (3 g sat. fat), 68 mg chol., 134 mg sodium, 9 g carb., trace fiber, 28 g pro.

Diabetic Exchanges: 4 lean meat, ½ starch.

HEALTH TIP Using salt-free lemon-pepper saves 80 mg sodium per serving, which helps make these chops a very low-sodium recipe.



25

EAT SMART FAST FIX**Cumin Chicken**

My chicken spiced with cumin and oregano comes together fast when weeknights get crazy. We like to serve it with extra picante sauce.

—**MARGARET ALLEN** ABINGDON, VA

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 2 tsp. ground cumin, divided**
- ½ tsp. dried oregano**
- ¼ tsp. garlic salt**
- 1 Tbsp. canola oil**
- 4 boneless skinless chicken breast halves (4 oz. each)**
- ½ cup picante sauce**
- ¼ cup water**
- 1 tsp. reduced-sodium chicken bouillon granules**

1. Mix 1 tsp. cumin, oregano and garlic salt; sprinkle over both sides of chicken. In a large nonstick skillet, heat oil over medium heat. Brown chicken on both sides.

2. In a small bowl, mix picante sauce, water, bouillon and remaining cumin; pour over chicken. Bring to a boil. Reduce heat; simmer, covered, 8-12 minutes or until a thermometer inserted in chicken reads 165°.

3. Remove chicken from pan; keep warm. Bring sauce to a boil; cook, uncovered, 3-4 minutes or until thickened, stirring occasionally. Serve with chicken.

PER SERVING 170 cal., 6 g fat (1 g sat. fat), 63 mg chol., 377 mg sodium, 3 g carb., trace fiber, 23 g pro.

Diabetic Exchanges: 3 lean meat, 1 fat.

Weeknight Beef Skillet

This Italian-inspired skillet dish is a big player in our wintertime recipe rotation.

—CLARA COULSON MINNEY

WASHINGTON COURT HOUSE, OH

TAKES: 25 MIN. • **MAKES:** 4 SERVINGS

- 3 cups uncooked yolk-free whole wheat noodles**
- 1 lb. lean ground beef (90% lean)**
- 1 medium green pepper, finely chopped**
- 1 can (15 oz.) tomato sauce**
- 1 Tbsp. Worcestershire sauce**
- 1½ tsp. Italian seasoning**
- 1 tsp. sugar, optional**
- 1 pkg. (16 oz.) frozen mixed vegetables, thawed and drained**
- ¼ cup minced fresh parsley**

1. Cook noodles according to package directions; drain. Meanwhile, in a large nonstick skillet, cook beef and pepper over medium heat 5-7 minutes or until beef is no longer pink, breaking up beef into crumbles; drain.

2. Add tomato sauce, Worcestershire sauce, Italian seasoning and, if desired, sugar to beef mixture; bring to a boil. Stir in vegetables; heat through. Serve with noodles; sprinkle with parsley.

PER SERVING 400 cal., 11 g fat (4 g sat. fat), 71 mg chol., 638 mg sodium, 48 g carb., 11 g fiber, 31 g pro.

Diabetic Exchanges: 3 starch, 3 lean meat, 1 vegetable.

HEALTH TIP Let's hear it for whole wheat egg noodles. They deliver three extra grams of fiber per serving.



EAT SMART FAST FIX

Asian Pork Medallions

When I stepped up my nutrition game, my kids missed Chinese food. I created this, and nobody has asked for takeout.

—DIANNE LUEHRING EDMOND, OK

TAKES: 25 MIN. • **MAKES:** 4 SERVINGS

- ¼ cup dry sherry or reduced-sodium chicken broth**
- 3 Tbsp. reduced-sodium soy sauce**
- 1 Tbsp. brown sugar**
- 1 Tbsp. hoisin sauce**
- 1 garlic clove, minced**
- ⅛ tsp. cayenne pepper**
- 1 Tbsp. sesame oil**
- 1 pork tenderloin (1 lb.), cut into ½-in. slices**
- Hot cooked brown rice, optional**
- Sliced green onions, optional**

- 1.** In a small bowl, mix the first six ingredients until blended.
- 2.** In a skillet, heat oil over medium-high heat. In batches, cook pork 3-4 minutes on each side; set aside.
- 3.** In same skillet, bring sauce mixture to a boil; cook and stir for 1-2 minutes or until thick. Return pork to pan; heat through. If desired, serve with rice and onions.

PER SERVING 202 cal., 7 g fat (2 g sat. fat), 63 mg chol., 566 mg sodium, 6 g carb., trace fiber, 23 g pro.

Diabetic Exchanges: 3 lean meat, ½ starch, ½ fat.

HEALTH TIP Reduced-sodium soy sauce is nearly 40% lower in sodium than regular, but it's still salty: 575 mg sodium per tablespoon. That's a lot when you consider that the recommended max for adults is 1,500 to 2,300 mg per day.

27



less than
300
calories



28

EAT SMART FAST FIX Garlic Tilapia with Spicy Kale

Here's a speedy meal in one that makes life easy *and* delicious.

—TARA CRUZ KERSEY, CO

TAKES: 30 MIN. • **MAKES:** 4 SERVINGS

- 3 Tbsp. olive oil, divided
- 2 garlic cloves, minced
- 1 tsp. fennel seed
- ½ tsp. crushed red pepper flakes
- 1 bunch kale, trimmed and coarsely chopped (about 16 cups)
- ⅔ cup water
- 4 tilapia fillets (6 oz. each)
- ¾ tsp. pepper, divided
- ½ tsp. garlic salt
- 1 can (15 oz.) cannellini or white kidney beans, rinsed and drained
- ½ tsp. salt

1. In a 6-qt. stockpot, heat 1 Tbsp. oil over medium heat. Add garlic, fennel and pepper flakes; cook and stir for 1 minute. Add kale and water; bring to a boil. Reduce heat; simmer, covered, 10-12 minutes or until kale is tender.

2. Sprinkle tilapia with ½ tsp. pepper and garlic salt. In a large skillet, heat remaining oil over medium heat. Add tilapia; cook 3-4 minutes on each side or until fish flakes easily with a fork.

3. Add beans, salt and remaining pepper to kale; heat through, stirring occasionally. Serve with tilapia.

PER SERVING 359 cal., 13 g fat (2 g sat. fat), 83 mg chol., 645 mg sodium, 24 g carb., 6 g fiber, 39 g pro.

HEALTH TIP Almost half of Americans don't get enough immune-boosting vitamin A. This dinner gives you three times the daily recommendation.



29

FAST FIX**Whole Grain Chow Mein**

My choosy kids love the sweet and tangy sauces in this Asian-inspired dish.

—KELLY SHIPPEY ORANGE, CA

TAKES: 30 MIN. • **MAKES:** 6 SERVINGS

- 6 oz. uncooked whole wheat spaghetti, cooked and drained**
- 2 Tbsp. canola oil**
- 2 cups small fresh broccoli florets**
- 2 cups chopped baby bok choy (1-in. pieces)**
- $\frac{3}{4}$ cup fresh baby carrots, halved diagonally**
- $\frac{1}{2}$ cup reduced-sodium chicken broth, divided**
- 3 Tbsp. reduced-sodium soy sauce, divided**
- $\frac{1}{4}$ tsp. pepper**

- 4 green onions, diagonally sliced**
- 12 oz. teriyaki and pineapple chicken meatballs or frozen fully cooked turkey meatballs**
- 2 Tbsp. hoisin sauce**
- 1 cup bean sprouts**

- 1.** In a skillet, heat oil over medium-high heat. Add broccoli, bok choy and carrots; stir-fry 4 minutes. Add $\frac{1}{4}$ cup broth, 1 Tbsp. soy sauce and pepper. Cook, covered, over medium heat 3-5 minutes. Stir in onions; set aside.
 - 2.** In same skillet, mix hoisin sauce, remaining broth and soy sauce; add meatballs. Cover and heat through, stirring occasionally. Add bean sprouts, spaghetti and vegetables; heat through.
- PER SERVING** 304 cal., 14 g fat (3 g sat. fat), 54 mg chol., 759 mg sodium, 31 g carb., 5 g fiber, 18 g pro.

EAT SMART FAST FIX **Black Bean Chicken with Rice**



This Tex-Mex meal has always been a snap to make. Now that my kids are older, we shake on hot sauce to boost the heat.

—**MOLLY NEWMAN** PORTLAND, OR

TAKES: 25 MIN. • **MAKES:** 4 SERVINGS

- 3** tsp. chili powder
- 1** tsp. each ground cumin and pepper
- ¼** tsp. salt
- 4** boneless skinless chicken breast halves (4 oz. each)
- 2** tsp. canola oil
- 1** can (15 oz.) black beans, rinsed and drained
- 1** cup frozen corn

- 1** cup salsa
- 2** cups hot cooked brown rice

1. In a small bowl, mix seasonings; sprinkle over both sides of chicken. In a large nonstick skillet coated with cooking spray, heat oil over medium heat. Brown chicken on both sides.

2. Add beans, corn and salsa to skillet; cook, covered, 10-15 minutes or until a thermometer inserted in chicken reads 165°. Remove chicken from pan; cut into slices. Serve with bean mixture and rice.

PER SERVING 400 cal., 7 g fat (1 g sat. fat), 63 mg chol., 670 mg sodium, 52 g carb., 8 g fiber, 32 g pro.

HEALTH TIP *Smaller chicken breast halves can be hard to find. Keep calories in check by slicing 8-oz. breast halves in half lengthways for two 4-oz. portions. ■*



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- Lack of Energy
- Fibromyalgia
- Joint Pain
- Back Pain
- Restless Leg Syndrome
- Poor Circulation
- Edema
- Constipation
- Lymphedema
- Arthritis
- MS
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SUPER cheesy SUNDAY

Pump up your home team with all-the-way cheesy snacks. Swiss, blue, Co-Jack and Parm are ready for the halftime blitz.



5 INGREDIENTS FAST FIX

Blue Cheese Potato Chips



Game day calls for something bold.

I top potato chips with tomatoes, bacon and tangy blue cheese.

I make two big pans, and they always end up empty.

—**BONNIE HAWKINS** ELKHORN, WI

field editor

TAKES: 15 MIN. • **MAKES:** 10 SERVINGS

- 1 pkg. (8½ oz.) kettle-cooked potato chips
- 2 medium tomatoes, seeded and chopped
- 8 bacon strips, cooked and crumbled
- 6 green onions, chopped
- 1 cup (4 oz.) crumbled blue cheese

1. Preheat broiler. In a 15x10x1-in. baking pan, arrange potato chips in an even layer. Top with tomatoes, bacon, onions and cheese.

2. Broil 4-5 in. from heat 2-3 minutes or until blue cheese begins to melt. Serve immediately.

PER SERVING 215 cal., 14 g fat (5 g sat. fat), 17 mg chol., 359 mg sodium, 16 g carb., 1 g fiber, 6 g pro.

blue cheese
POTATO
CHIPS



Garlic Bread Mini Muffins



These little garlic bread bites make an awesome addition to any buffet spread.

—KATHY YAROSH
APOPKA, FL

PREP: 25 MIN. • BAKE: 20 MIN.

MAKES: 2 DOZEN

- 6 oz. cream cheese, softened**
- 1 tsp. garlic powder**
- 1 tsp. onion powder**
- $\frac{3}{4}$ cup each shredded Colby-Jack cheese and Italian cheese blend**
- 1 tube (11 oz.) refrigerated breadsticks**
- 1 large egg, lightly beaten**
- $\frac{1}{2}$ cup shredded Parmesan cheese**

1. Preheat oven to 375°. In a bowl, beat cream cheese, garlic powder

and onion powder until blended. In another bowl, toss Colby-Jack cheese with Italian cheese blend.

2. On a floured surface, unroll breadstick dough; press perforations to seal. Roll to a 12x8-in. rectangle; cut dough lengthwise in half.

3. Spread each rectangle with half of the cream cheese mixture. Top each with half of the combined cheeses; roll up jelly-roll style, starting with a long side. Pinch seam to seal. Cut rolls into 1-in. slices.

4. Place egg and Parmesan cheese in separate shallow bowls. Dip a cut side of each slice in egg, then in Parmesan cheese; place in greased mini-muffin cups, cheese side up.

5. Bake 17-20 minutes or until golden brown. Serve warm.

PER ROLL 94 cal., 5 g fat (3 g sat. fat), 22 mg chol., 197 mg sodium, 7 g carb., trace fiber, 4 g pro.



goat cheese
MUSHROOMS
page 57



AND CHEESECAKE FOR DESSERT.

Help yourself to 22 no-bake, 5-ingredient and more super-easy cheesecakes at tasteofhome.com/easycheese

FAST FIX

Vidalia Onion Swiss Dip



I have one of those hot and bubbly dips that no one can resist. Bake it in the oven, or use the slow cooker to make it extra luscious.

—JUDY BATSON TAMPA, FL **field editor**

TAKES: 30 MIN. • MAKES: 20 SERVINGS

- 3 cups chopped Vidalia or other sweet onion (about 1 large)**
- 2 cups (8 oz.) shredded Swiss cheese**
- 2 cups mayonnaise**
- ¼ cup prepared horseradish**

- 1 tsp. hot pepper sauce**
- Fresh coarsely ground pepper, optional**
- Assorted crackers or fresh vegetables**

- 1.** Preheat oven to 375°. In a large bowl, mix the first five ingredients. Transfer to a deep-dish pie plate.
- 2.** Bake, uncovered, 25-30 minutes or until edges are golden brown and onion is tender. If desired, sprinkle with pepper. Serve dip warm with crackers or vegetables.

PER (¼-CUP) SERVING 212 cal., 21 g fat (4 g sat. fat), 18 mg chol., 143 mg sodium, 3 g carb., 1 g fiber, 3 g pro.





mini MAC &
CHEESE DOGS

5 INGREDIENTS

Mini Mac & Cheese Dogs



We wanted to get creative with hot dogs, so we made mac-and-cheese ones. Pile on the oniony crunch!

—JULIE PETERSON

CROFTON, MD **field editor**

PREP: 25 MIN. + RISING

BAKE: 15 MIN. + COOLING

MAKES: 2 DOZEN

- 1 pkg. (16 oz.) frozen bread dough dinner rolls (12 count), thawed but still cold
- ½ cup panko (Japanese) bread crumbs
- 2 Tbsp. chopped onion
- 1 Tbsp. canola oil
- ¼ tsp. salt
- ⅛ tsp. pepper
- 12 bun-length beef hot dogs
- 1 pkg. (7¼ oz.) macaroni and cheese dinner mix

1. Let bread dough stand at room temperature 15-20 minutes or until soft enough to shape. Cut each roll in half; shape into 3-in.-long mini hot dog buns. Place 2 in. apart on greased baking sheets.
2. Cover with greased plastic wrap; let rise in a warm place until almost doubled, about 45 minutes. Preheat oven to 350°.
3. Bake buns 12-15 minutes or until golden brown. Remove from pans to wire racks to cool completely.
4. In a 15x10x1-in. baking pan, toss bread crumbs with onion, oil, salt and

pepper. Bake at 350° for 5-7 minutes or until golden brown, stirring once.

5. Cook hot dogs and macaroni and cheese according to package directions. To serve, cut hot dogs crosswise in half. Split buns; fill with hot dogs and macaroni and cheese. Sprinkle with toasted crumbs and onions.

PER MINI HOT DOG 198 cal., 12 g fat (5 g sat. fat), 25 mg chol., 446 mg sodium, 18 g carb., 1 g fiber, 6 g pro.

EAT SMART FAST FIX

Goat Cheese Mushrooms

Stuffed mushrooms are superstars in the hot appetizer category. I use baby portobellos and load them with creamy goat cheese and sweet red peppers.

—MIKE BASS ALVIN, TX

TAKES: 30 MIN. • **MAKES:** 2 DOZEN

- 24 baby portobello mushrooms (about 1 lb.), stems removed
- ½ cup crumbled goat cheese
- ½ cup chopped drained roasted sweet red peppers
- Pepper to taste
- 4 tsp. olive oil
- Chopped fresh parsley

1. Preheat oven to 375°. Place the mushroom caps in a greased 15x10x1-in. baking pan. Fill each with 1 tsp. cheese; top each with 1 tsp. red pepper. Sprinkle with pepper; drizzle with oil.
 2. Bake 15-18 minutes or until tender. Sprinkle with parsley.
- PER MUSHROOM** 19 cal., 1 g fat (trace sat. fat), 3 mg chol., 31 mg sodium, 1 g carb., trace fiber, 1 g pro. ■

EASY EASTER

Yup, it comes early this year, but now the feast is simpler than ever. Readers share their fresh-picked takes on your favorite standards. Think springtime, streamlined.





**SHORTCUT
PASTRY**

**MAKE
AHEAD**



FAST FIX**Deviled Egg Spread**

I once tried this spread at a luncheon and had to get the details. Everybody likes my addition of pickled peppers—even my kids and “particular” mother.

—LISA EASLEY LONGVIEW, TX

TAKES: 20 MIN. • **MAKES:** 16 SERVINGS

- 10 hard-cooked large eggs**
- 1 cup Miracle Whip**
- 1 cup (4 oz.) finely shredded cheddar cheese**
- ½ lb. bacon strips, cooked and crumbled**
- ¼ cup finely chopped pickled banana peppers**
- 2 tsp. juice from pickled banana peppers**
- ¼ tsp. each salt and pepper**
- Ritz crackers and assorted fresh vegetables**

1. Place eggs in a large bowl; mash with a fork. Stir in Miracle Whip, cheese, bacon, banana peppers, juice from peppers, salt and pepper.

2. Refrigerate until serving. Serve with crackers and vegetables.

PER (¼-CUP) SERVING 149 cal., 12 g fat (4 g sat. fat), 134 mg chol., 383 mg sodium, 3 g carb., trace fiber, 7 g pro.

**KNEAD TO KNOW**

Buns, muffins, rolls and biscuits make your holiday table happy. Find 19 fun ways to fill those bread baskets.

[tasteofhome.com/
easterbread](http://tasteofhome.com/easterbread)

Asparagus Pastry Puffs

When the first spears of the season pop up, we've gotta make these flaky bundles.

—CINDY JAMIESON TONAWANDA, NY

PREP: 30 MIN. • **BAKE:** 25 MIN.

MAKES: 16 SERVINGS

- 1 lb. fresh asparagus, trimmed**
- 4 oz. cream cheese, softened**
- ¼ cup grated Parmesan cheese**
- 1 Tbsp. stone-ground mustard**
- 2 tsp. lemon juice**
- ¼ tsp. each salt and pepper**
- 1 pkg. (17.3 oz.) frozen puff pastry, thawed**
- 1 large egg**
- 2 Tbsp. water**

1. Preheat oven to 400°. In a large skillet, bring 1½ in. of water to a boil. Add asparagus; cook, uncovered, 1-3 minutes or until crisp-tender. Remove asparagus and immediately drop into ice water. Drain and pat dry.

2. In a bowl, mix cream cheese and next five ingredients. Unfold pastry sheets; cut each sheet in half to make four rectangles. Spread each rectangle with a fourth of the cream cheese mixture. Arrange asparagus over top, allowing tips to show at each end; roll up jelly-roll style. Using a serrated knife, cut each roll into four sections.

3. Place on a parchment-lined baking sheet, seam side down. In a bowl, whisk egg with water; brush over tops.

4. Bake 25-30 minutes or until golden. Remove to a wire rack; serve warm.

PER SERVING 188 cal., 11 g fat (4 g sat. fat), 21 mg chol., 211 mg sodium, 18 g carb., 3 g fiber, 4 g pro.



**CHILL
OVERNIGHT**

Ham & Pineapple Kabobs



For a twist on the usual Easter fare, we make these sweet and saucy ham kabobs. I love that they're baked; that way, nobody has to

tend the grill out there in the elements.

—**CHANDRA LANE-SIROIS**

PANDPKITCHEN.COM

PREP: 30 MIN. + MARINATING

BAKE: 15 MIN. • **MAKES:** 12 SERVINGS

- ¼ cup hoisin sauce**
- ¼ cup unsweetened pineapple juice**
- ¼ cup teriyaki sauce**
- 1 Tbsp. honey**
- 1½ tsp. rice vinegar**
- 1½ tsp. reduced-sodium soy sauce**

KABOBS

- 2 lbs. fully cooked boneless ham, cut into 1-in. cubes**

1 large pineapple, trimmed and cut into 1-in. cubes (4 cups)

- 1.** In a large resealable plastic bag, combine the first six ingredients. Add the ham; seal bag and turn to coat. Refrigerate overnight.
 - 2.** Preheat oven to 350°. Drain ham, reserving marinade. For glaze, pour marinade into a small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 5-7 minutes or until slightly thickened, stirring mixture occasionally. Remove from heat.
 - 3.** Meanwhile, on 12 metal or soaked wooden skewers, alternately thread the ham and pineapple; place in a foil-lined 15x10x1-in. baking pan. Brush with glaze. Bake, uncovered, 15-20 minutes or until golden.
- PER SERVING** 144 cal., 3 g fat (1 g sat. fat), 39 mg chol., 1,109 mg sodium, 15 g carb., 1 g fiber, 15 g pro.

EAT SMART**Strawberry Pasta Salad**

Bow tie pasta with strawberries makes a refreshing salad, especially with its unexpected peppery kick.

—BARBARA LENTO HOUSTON, PA

PREP: 20 MIN. • **COOK:** 15 MIN.

MAKES: 12 SERVINGS (2/3 CUP EACH)

- 1/2 lb. uncooked mini farfalle or other bow tie pasta
- 1/2 cup (4 oz.) lemon yogurt
- 1/4 cup canola oil
- 2 Tbsp. lemon juice
- 1/2 tsp. sea salt
- 1/8 tsp. cayenne pepper
- 1 green onion, thinly sliced
- 2 Tbsp. crystallized ginger, finely chopped
- 1 Tbsp. pickled jalapeno slices, finely chopped

- 1 lb. fresh strawberries, quartered
- 1/4 cup slivered almonds, toasted
- Toasted flaked coconut and small fresh mint leaves, optional

1. Cook pasta according to package directions. Drain pasta; rinse with cold water and drain well.
2. In a bowl, whisk yogurt, oil, lemon juice, salt and cayenne; stir in onion, ginger and jalapeno. Add pasta and toss.
3. Refrigerate, covered, until serving. Stir in strawberries and almonds just before serving. If desired, top with coconut and mint.

TO TOAST NUTS AND COCONUT *Bake in shallow pans at 350° for 5-10 minutes or until golden, stirring occasionally.*

PER SERVING 153 cal., 6 g fat (1 g sat. fat), 1 mg chol., 96 mg sodium, 21 g carb., 2 g fiber, 4 g pro. *Diabetic Exchanges:* 1 starch, 1 fat, 1/2 fruit.



**LAST-MINUTE
TOSS-UP**



READY IN 5

5 INGREDIENTS

Cumin-Roasted Carrots



Carrots make a super side—big on flavor and a breeze to cook. Plus, my husband will actually eat them.

My trick for crushing whole spices: Use the bottom of a glass.
—TAYLOR KISER FOODFAITHFITNESS.COM

PREP: 20 MIN. • **COOK:** 35 MIN.

MAKES: 12 SERVINGS

- 2 Tbsp. coriander seeds
- 2 Tbsp. cumin seeds
- 3 lbs. carrots, cut into 4x½-in. sticks
- 3 Tbsp. coconut oil or butter, melted
- 8 garlic cloves, minced
- 1 tsp. salt
- ½ tsp. pepper
- Minced fresh cilantro, optional

1. Preheat oven to 400°. In a dry skillet, toast coriander and cumin seeds over medium heat 45-60 seconds or until aromatic, stirring frequently. Cool slightly. Grind in a spice grinder, or with a mortar and pestle, until finely crushed.

2. Place the carrots sticks in a large bowl. Add the melted coconut oil, garlic cloves, salt, pepper and ground spices, and toss to coat. Divide the carrots among two 15x10x1-in. baking pans coated with cooking spray, spreading evenly.

3. Roast 35-40 minutes or until crisp-tender and lightly browned, stirring and rotating pans halfway. Before serving, sprinkle with cilantro if desired.

NOTE Two Tbsp. each of ground coriander and ground cumin may be substituted for the whole spices. Before using, toast the ground spices in a dry skillet until aromatic, stirring frequently.

PER SERVING 86 cal., 4 g fat (3 g sat. fat), 0 chol., 277 mg sodium, 13 g carb., 4 g fiber, 1 g pro.

Diabetic Exchanges: 1 vegetable, 1 fat.

HEALTH TIP While more research needs to be done, some studies suggest coriander can help lower cholesterol.

Easy Peasy Slaw

I get tons of compliments when I bring out this slaw brightened up with peas, peanuts and poppy seed dressing. It's fresh and colorful with a wonderfully satisfying crunch.

—SUE ORT DES MOINES, IA

TAKES: 5 MIN. • **MAKES:** 12 SERVINGS

- 4 cups frozen peas (16 oz.), thawed
- 1 pkg. (14 oz.) coleslaw mix
- 4 green onions, chopped
- 1 cup poppy seed salad dressing
- 1 cup sweet and crunchy peanuts or honey-roasted peanuts

Place thawed peas, coleslaw mix and green onions in a large bowl. Pour poppy seed salad dressing over salad and toss to coat. Stir in peanuts just before serving.

PER (¾-CUP) SERVING 202 cal., 12 g fat (2 g sat. fat), 7 mg chol., 178 mg sodium, 20 g carb., 4 g fiber, 4 g pro.

Diabetic Exchanges: 2 fat, 1 starch, 1 vegetable.

STARTS WITH CAKE MIX



Coconut Cake with White Chocolate Frosting

My husband adores coconut, but cake? Not so much. When I take this beauty to family potlucks, even he takes a slice.

—SHARON REHM NEW BLAINE, AR

PREP: 40 MIN. • **BAKE:** 25 MIN. + COOLING
MAKES: 16 SERVINGS

- 1 pkg. white cake mix (regular size)
- 1¼ cups coconut milk (about 10 oz.)
- 3 large eggs
- ⅓ cup butter, melted
- 1 cup butter, cubed
- 12 oz. white baking chocolate, chopped
- ½ cup coconut milk (about 4 oz.)
- 2½ cups confectioners' sugar, sifted
- 1 to 2 cups unsweetened coconut flakes

1. Preheat oven to 350°. Line bottoms of two greased 8-in. baking pans with parchment paper; grease paper.

2. Combine cake mix, coconut milk, eggs and melted butter; beat on low speed 30 seconds. Beat on medium 1½ minutes. Transfer to prepared pans. Bake and cool as package directs.

3. In a saucepan, add butter, chocolate and coconut milk; heat and stir over medium heat until blended. Remove from heat; slowly stir in confectioners' sugar until smooth. Transfer to a bowl.

4. Place bowl in an ice-water bath. Using a hand mixer, beat frosting on high speed 6-8 minutes. Spread between layers and over top and sides of cake. Top with coconut.

NOTE Look for unsweetened coconut in the baking or health food section.

PER SERVING 517 cal., 33 g fat (23 g sat. fat), 76 mg chol., 338 mg sodium, 55 g carb., 1 g fiber, 5 g pro.

HEALTH TIP Save nearly 150 cal. and 10 g fat per serving: Cut the frosting in half and leave the sides of the cake bare. It's better for you and looks chic, too. ■

Souper Heroes

GOOD FOR YOU

Fast to make and satisfying by the bowl, these Dutch-oven dinners are loaded with the good stuff and seasoned just right. They're here to save your day—and your diet.

Feb. 4
**Homemade
Soup Day!**

**Split Pea Soup
with Ham, page 68**
Barbara Link
Alta Loma, CA



FIND IT! Staub Cast Iron 4-qt. Round Cocotte—
Dark Blue \$150 zwillingonline.com

TASTE OF HOME.COM/SIMPLE 67

EAT SMART

Split Pea Soup with Ham

This lively, peppery pea soup is packed with veggies. At the table, pass around some cornbread, fresh from the oven.

—BARBARA LINK ALTA LOMA, CA

PREP: 15 MIN. • **COOK:** 1¼ HOURS

MAKES: 12 SERVINGS (3 QT.)

- 1 pkg. (16 oz.) dried green split peas
- 8 cups water
- ³/₄ lb. potatoes (about 2 medium), cubed
- 2 large onions, chopped
- 2 medium carrots, chopped
- 2 cups cubed fully cooked ham (about 10 oz.)
- 1 celery rib, chopped
- 5 tsp. reduced-sodium chicken bouillon granules
- 1 tsp. dried marjoram
- 1 tsp. poultry seasoning
- 1 tsp. rubbed sage
- ¹/₂ to 1 tsp. pepper
- ¹/₂ tsp. dried basil

Place all ingredients in a Dutch oven; bring to a boil. Reduce heat; simmer, covered, 1¼ to 1½ hours or until split peas and vegetables are tender, stirring occasionally.

PER SERVING 202 cal., 2 g fat (trace sat. fat), 14 mg chol., 396 mg sodium, 33 g carb., 11 g fiber, 15 g pro.

Diabetic Exchanges: 2 starch, 1 lean meat.

HEALTH TIP Adding only 2 cups of cubed ham adds a ton of savory flavor, but keeps sodium under 400 mg per serving.

EAT SMART

Curried Chicken Corn Chowder

Here's the ultimate breezy-day chowder. It's my version of a family recipe.

—KENDRA DOSS COLORADO SPRINGS, CO

PREP: 15 MIN. • **COOK:** 30 MIN.

MAKES: 8 SERVINGS (2 QT.)

- 1 Tbsp. butter
- 2 medium onions, chopped
- 2 celery ribs, chopped
- 2 tsp. curry powder
- ¹/₄ tsp. each salt and pepper
- Dash cayenne pepper
- 5 cups frozen corn (about 25 oz.)
- 3 cans (14½ oz. each) reduced-sodium chicken broth
- ¹/₂ cup all-purpose flour
- ¹/₂ cup 2% milk
- 3 cups cubed cooked chicken breast
- ¹/₃ cup minced fresh cilantro

1. In a Dutch oven, heat butter over medium heat. Add onions and celery; cook and stir until tender. Stir in seasonings; cook 30 seconds longer.

2. Stir in corn and broth; boil. Reduce heat; simmer, covered, 15 minutes.

3. In a small bowl, whisk flour and milk until smooth; stir into soup. Bring to a boil; cook and stir 2 minutes or until thickened. Stir in chicken and cilantro; heat through.

PER SERVING 229 cal., 4 g fat (2 g sat. fat), 45 mg chol., 582 mg sodium, 28 g carb., 3 g fiber, 22 g pro.

Diabetic Exchanges: 2 starch, 2 lean meat.

HEALTH TIP This homey soup creates a thick and creamy texture with 2% milk and flour, a trade secret for lighter soups.

**Curried Chicken
Corn Chowder**
Kendra Doss
Colorado Springs, CO



FIND IT! The Pioneer Woman Timeless Beauty
5-qt. Cast Iron Dutch Oven \$49 walmart.com

TASTEofHOME.COM/SIMPLE 69

**Italian-Style
Lentil Soup**
Rachel Keller
Roanoke, VA



Carolina Shrimp Soup
Mary Leverette
Columbia, SC



EAT SMART FAST FIX**Carolina Shrimp Soup**

At our house, fresh shrimp from the Carolina coast is a must in this recipe.

—**MARY LEVERETTE** COLUMBIA, SC

TAKES: 25 MIN. • **MAKES:** 6 SERVINGS

- 4 **tsp. olive oil, divided**
- 1 **lb. uncooked shrimp (31-40 per lb.), peeled and deveined**
- 5 **garlic cloves, minced**
- 1 **bunch kale, trimmed and coarsely chopped (about 16 cups)**
- 1 **medium sweet red pepper, cut into ¾-in. pieces**
- 3 **cups reduced-sodium chicken broth**
- 1 **can (15½ oz.) black-eyed peas, rinsed and drained**
- ¼ **tsp. each salt and pepper**
Minced fresh chives, optional

1. In a Dutch oven, heat 2 tsp. oil over medium-high heat. Add shrimp; cook and stir 2 minutes. Add garlic; cook 1-2 minutes longer or just until shrimp turns pink. Remove from pot.

2. In same pot, heat remaining oil over medium-high heat. Stir in kale and red pepper; cook, covered, 8-10 minutes or until kale is tender, stirring occasionally. Add chicken broth; bring to a boil. Stir in peas, salt, pepper and shrimp; heat through. Top with chives.

PER SERVING 188 cal., 5 g fat (1 g sat. fat), 92 mg chol., 585 mg sodium, 18 g carb., 3 g fiber, 19 g pro.

Diabetic Exchanges: 2 lean meat, 2 vegetable, ½ starch, ½ fat.

HEALTH TIP This soup's colorful mix of veggies means it's loaded with nutrients.

EAT SMART**Italian-Style Lentil Soup**

My garlicky soup is packed with veggies, but if you like meat, add that, too.

—**RACHEL KELLER** ROANOKE, VA

PREP: 15 MIN. • **COOK:** 40 MIN.

MAKES: 6 SERVINGS

- 2 **tsp. olive oil**
- 2 **medium onions, chopped**
- 2 **celery ribs, thinly sliced**
- 1 **medium carrot, chopped**
- 1 **cup dried lentils, rinsed**
- ¼ **cup minced fresh parsley**
- 1 **Tbsp. reduced-sodium beef bouillon granules**
- ½ **tsp. pepper**
- 5¼ **cups water**
- 1 **can (6 oz.) tomato paste**
- 2 **Tbsp. white vinegar**
- 2 **tsp. brown sugar**
- ½ **tsp. salt**
- 2 **Tbsp. shredded Parmesan cheese**

1. In a Dutch oven coated with cooking spray, heat oil over medium heat. Add onions, celery and carrot; cook and stir until crisp-tender.

2. Stir in lentils, parsley, bouillon, pepper and water; bring to a boil. Reduce heat; simmer, covered, 20-25 minutes or until lentils are tender, stirring occasionally.

3. Stir in tomato paste, vinegar, sugar and salt; heat. Serve with cheese.

PER SERVING 122 cal., 2 g fat (1 g sat. fat), 1 mg chol., 420 mg sodium, 21 g carb., 6 g fiber, 6 g pro. **Diabetic Exchanges:** 2 vegetable, 1 starch.

HEALTH TIP Lentils are a quick-cooking source of iron, most B vitamins and fiber.

EAT SMART Root Stew

While inventing a new version of this comfort food, I made a stew of carrots, turnips, parsnips and rutabaga. When I'm in the mood to change things up, I add potatoes or chicken.

—**MARIA DAVIS** FLOWER MOUND, TX

PREP: 15 MIN. • **COOK:** 2 HOURS 20 MIN.

MAKES: 8 SERVINGS (2½ QT.)

- 2 Tbsp. canola oil, divided
- 1½ lbs. beef stew meat
- 1½ tsp. salt
- ½ tsp. pepper
- 1 medium onion, chopped
- 6 garlic cloves, minced
- 3 cups reduced-sodium beef broth
- 2 bay leaves
- 1 tsp. dried thyme
- 3 medium carrots
- 2 medium turnips
- 2 medium parsnips
- 1 small rutabaga
- 2 Tbsp. cornstarch
- ¼ cup cold water

1. Preheat oven to 325°. In a Dutch oven, heat 1 Tbsp. oil on medium heat. Brown beef in batches. Remove from pan; sprinkle with salt and pepper.
2. In same pan, sauté onion in remaining oil until tender. Add garlic; cook 1 minute longer. Stir in broth, bay leaves, thyme and beef; bring to a boil. Bake, covered, 1 hour.
3. Peel and cut remaining vegetables into 1-in. pieces; add to pan. Bake, covered, 1 to 1½ hours longer or until beef and vegetables are tender.
4. In a small bowl, mix cornstarch and water until smooth; stir into stew.

Bring to a boil; cook and stir 1-2 minutes or until thickened. Discard bay leaves.

PER SERVING 227 cal., 10 g fat (3 g sat. fat), 55 mg chol., 676 mg sodium, 16 g carb., 3 g fiber, 18 g pro.

Diabetic Exchanges: 2 lean meat, 1 vegetable, 1 fat, ½ starch.

HEALTH TIP Carrots, rutabagas and turnips all have fewer calories than potatoes. They bulk up recipes and add nutrients but keep calories in check.

Go Dutch

Lead Test Cook Nicholas Iverson serves up three ways to treat this kitchen workhorse right.



STIR RESPONSIBLY. For enamel-coated Dutch ovens, skip the metal utensils and use a heatproof rubber spatula or wooden spoon instead.

KEEP IT CLEAN. Plain old dish soap works, but for stuck-on stains, sprinkle with ¼ cup of kosher salt, then scrub. Rinse, towel-dry and place a piece of paper towel inside before popping on the pot's lid. This absorbs leftover moisture and prevents any exposed cast iron from getting rusty.

LET IT SHINE. The Dutch oven's repertoire goes way beyond stew. Its super-hot, steamy environment is perfect for baking bread. You can even deep fry in it.

A close-up photograph of a white bowl with a blue rim, filled with a hearty root stew. The stew contains large chunks of browned beef, bright orange carrots, and yellow potatoes in a rich, dark brown broth. A silver spoon is stuck into the stew. In the background, there's a glass of golden beer and a bowl of green salad.

Root Stew



MORE SOUP FOR YOU

Ladle up 100+ soups, chowders and chilis—plus a bunch of home-baked dunkers. They're all in our new *Soups* special edition, on newsstands now.

Cold-Day Chicken
Noodle Soup



Pico de Gallo
Black Bean Soup

EAT SMART FAST FIX Pico de Gallo Black Bean Soup



—DARLIS WILFER WEST BEND, WI

field editor

Everyone at my table goes for this feel-good soup. It's quick when you're pressed for time and beats fast food, hands down.

TAKES: 20 MIN. • **MAKES:** 6 SERVINGS

- 4 cans (15 oz. each) black beans, rinsed and drained
- 2 cups vegetable broth
- 2 cups pico de gallo
- ½ cup water
- 2 tsp. ground cumin

TOPPINGS

Chopped fresh cilantro
Additional pico de gallo, optional

1. In a Dutch oven, combine the first five ingredients; bring to a boil over medium heat, stirring occasionally. Reduce heat; simmer, uncovered, 5-7 minutes or until vegetables in pico de gallo are softened, stirring mixture occasionally.

2. Puree soup using an immersion blender. Or, cool soup slightly and puree in batches in a blender; return to pan and heat through. Serve with toppings as desired.

PER SERVING 241 cal., trace fat (0 sat. fat), 0 chol., 856 mg sodium, 44 g carb., 12 g fiber, 14 g pro.

HEALTH TIP Black beans are naturally low in fat and high in fiber, protein and folate, a B vitamin that plays a role in cellular health.

EAT SMART Cold-Day Chicken Noodle Soup

When I was under the weather, Mom would stir up her chicken noodle. It's so soothing for colds and chilly days.

—ANTHONY GRAHAM OTTAWA, IL

PREP: 10 MIN. • **COOK:** 25 MIN.

MAKES: 8 SERVINGS (3 QT.)

- 1 Tbsp. canola oil
- 2 celery ribs, chopped
- 2 medium carrots, chopped
- 1 medium onion, chopped
- 8 cups reduced-sodium chicken broth
- ½ tsp. dried basil
- ¼ tsp. pepper
- 3 cups uncooked whole wheat egg noodles (about 4 oz.)
- 3 cups coarsely chopped rotisserie chicken
- 1 Tbsp. minced fresh parsley

1. In a 6-qt. Dutch oven, heat the oil over medium-high heat. Add celery, carrots and onion; cook and stir 5-7 minutes or until tender.

2. Add broth, basil and pepper; bring to a boil. Stir in noodles; cook 12-14 minutes or until al dente. Stir in chicken and parsley; heat through.

PER SERVING 195 cal., 6 g fat (1 g sat. fat), 47 mg chol., 639 mg sodium, 16 g carb., 3 g fiber, 21 g pro.
Diabetic Exchanges: 2 lean meat, 1 starch, ½ fat.

HEALTH TIP Turns out chicken soup really does help people get well soon—from the flu, at least. Scientists credit carnosine, a building block of protein found in chicken. ■



S'mores Indoors

Cozy up to the classic bonfire treat in a new way. These crunchy, gooey, chocolaty goodies give you s'more to love right at home—no campsite needed.



S'mores Nachos

5 INGREDIENTS FAST FIX

S'mores Nachos



In my nacho-style version of s'mores, I use pita chips instead of graham crackers.

—DANIELLE GREEN
THECREATIVEBITE.COM

TAKES: 15 MIN. • **MAKES:** 8 SERVINGS

- 1 pkg. (8 oz.) cinnamon sugar pita chips
- 1½ cups milk chocolate chips, divided
- 3 cups miniature marshmallows
- 1 tsp. canola oil

1. Preheat oven to 350°. In a large ovenproof skillet, arrange half of the cinnamon sugar pita chips in an even layer. Sprinkle with ½ cup chocolate chips and 1½ cups miniature marshmallows. Repeat layers. Bake 8-10 minutes or until marshmallows are lightly toasted.

2. Meanwhile, in a microwave, melt remaining chocolate chips with oil; stir until smooth. Drizzle over top.

PER SERVING 345 cal., 13 g fat (5 g sat. fat), 6 mg chol., 152 mg sodium, 51 g carb., 3 g fiber, 5 g pro.

5 INGREDIENTS FAST FIX

S'mores Milk Shake

I have a serious s'mores addiction. If it says "s'mores" in the title I will Pin it. When cabin fever hits, we whip up a creamy drink that tastes like my favorite snack. A hot oven and your blender make the magic happen.

—SARAH WESTOVER MCKENNA
BOMBSHELLBLING.COM

TAKES: 15 MIN. • **MAKES:** 4 SERVINGS

- 14 large marshmallows
- ½ cup 2% milk
- 3 cups vanilla ice cream
- ¼ cup coarsely crushed graham crackers
- Chocolate syrup

1. Preheat broiler. Arrange marshmallows in a single layer on a greased foil-lined baking sheet. Broil 3-4 in. from heat 15-30 seconds on each side or until golden brown. Cool marshmallows completely.
 2. Place milk and vanilla ice cream in a blender; cover and process just until combined. Add 10 toasted marshmallows; cover and pulse until mixture is blended.
 3. Divide milk shake among four glasses. Sprinkle each serving with graham cracker crumbs and drizzle with chocolate syrup; top with one of the remaining toasted marshmallows. Serve immediately.
- PER SERVING** 327 cal., 12 g fat (7 g sat. fat), 46 mg chol., 142 mg sodium, 50 g carb., 1 g fiber, 5 g pro.

5 INGREDIENTS FAST FIX

S'mores Crescent Rolls

Invite the kids to help with this rolled-up version of the campfire classic.

—CATHY TROCHELMAN
LEMONTREEDWELLING.COM

TAKES: 25 MIN. • **MAKES:** 8 SERVINGS

- 1 tube (8 oz.) refrigerated crescent rolls
- ¼ cup Nutella, divided
- 2 whole graham crackers, broken up
- 2 Tbsp. milk chocolate chips
- ⅔ cup miniature marshmallows

1. Preheat oven to 375°. Unroll crescent dough; separate into eight triangles. Place 1 tsp. Nutella at the wide end of each triangle; sprinkle with graham crackers, chocolate chips and marshmallows. Roll up and place on ungreased baking sheets, point side down; curve to form crescents. Bake 9-11 minutes or until golden brown.
 2. In a microwave, warm remaining Nutella to reach a drizzling consistency; spoon over crescent rolls. Serve warm.
- PER SERVING** 201 cal., 10 g fat (3 g sat. fat), 1 mg chol., 256 mg sodium, 25 g carb., 1 g fiber, 3 g pro.



HEY, COOKIE!

Toss those extra morsels into the ultimate chocolate chip cookie at

[tasteofhome.com/
perfectcookies](http://tasteofhome.com/perfectcookies)

S'mores Milk Shake

S'mores Crescent Rolls

Mini S'mores



5 INGREDIENTS Mini S'mores



My anytime s'mores recipe makes a ton, so I tuck them into sweet little packages to share with friends and family.

Not to worry—there

are still plenty left for me!

—STEPHANIE TEWELL ELIZABETH, IL

PREP: 50 MIN. + STANDING • **COOK:** 5 MIN.

MAKES: ABOUT 4 DOZEN

- 2 cups milk chocolate chips
- ½ cup heavy whipping cream
- 1 pkg. (14.4 oz.) whole graham crackers, quartered
- 1 cup marshmallow creme
- 2 cartons (7 oz. each) milk chocolate for dipping
- 4 oz. white candy coating, melted, optional

1. Place chocolate chips in a bowl. In a saucepan, bring cream just to a boil. Pour over chocolate; whisk until smooth. Cool to room temperature or until mixture reaches a spreading consistency, about 10 minutes.

2. Spread chocolate mixture over half of the graham crackers. Spread marshmallow creme over remaining crackers; place over chocolate-covered crackers, pressing to adhere.

3. Melt dipping chocolate according to package directions. Dip each s'more halfway; allow excess to drip off. Place on waxed paper-lined baking sheets; let stand until dipping chocolate is set.

4. If desired, drizzle tops with melted candy coating; let stand to set. Store in an airtight container in the refrigerator.

PER S'MORE 145 cal., 7 g fat (4 g sat. fat), 5 mg chol., 66 mg sodium, 19 g carb., 1 g fiber, 2 g pro. ■

Cabin Fever Cure-Alls

Marshmallowy treats sure cheer up a chilly day. Layer on these tricks from bloggers to kick those winter blahs for good.

I love winter, but I miss summer cookouts. I'm not brave enough to grill in the snow, so I make **barbecue in my slow cooker!**

—ROSIE WILLIS
IHEARTRECIPES.COM

With the fireplace blazing, we play board games and create our own **popcorn recipes**. Our best may

be buttered popcorn drizzled with chocolate and caramel.

—CATHY MCINNES
THREEKIDSANDAFISH.COM

I simmer up a big batch of my grandmother's wonderful **veggie soup**. With a little homemade cornbread, it cures my winter blues!

—KRISTY STILL MOMMY
HATESSCOOKING.COM

For our two little guys, winters spent indoors can feel really long. We **'picnic' inside** with sandwiches and a simple dessert. Who doesn't love a picnic?

—ANGELA LEMOINE
LEMOINEFAMILYKITCHEN.COM

Citrus smoothies put sunshine in our day.

—EMILY CARUSO
JELLYTOASTBLOG.COM

CONTEST

NEW!
FLIP, CLIP & KEEP
RECIPE CARDS



The Ground Roundup

Readers share winning takes on meaty starters, soups and main dishes that lay the groundwork for super simple comfort.

**Asiago Beef
Tart, page 86**



**Moroccan
Empanadas,
page 86**



win
\$500!

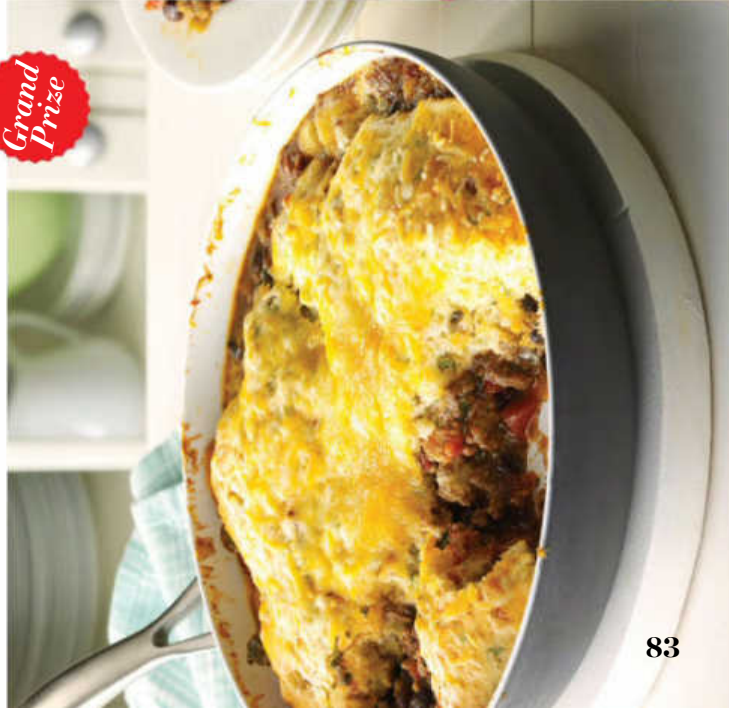
Enter Your Fab 5-Ingredient Recipes Turn to page 95 to share your recipes that make the short list for awesome.

Fiesta Beef & Cheese Skillet Cobbler

GLORIA BRADLEY NAPERVILLE, IL

I tweaked the recipe for this beefy cobbler till it got that “wow” factor. Now it’s become a family tradition!

*Grand
Prize*



Bacon Bolognese

CARLY TERRELL GRANBURY, TX

Pasta with ground beef was a house staple when I was growing up. I’ve added bacon, white wine and juicy tomatoes to make it a next-level meal.

1st



Bacon Bolognese

PREP: 15 MIN. • **COOK:** 3¼ HOURS • **MAKES:** 10 SERVINGS

- | | |
|--------------------------------------|---|
| ½ lb. ground beef | 1 cup dry white wine |
| ½ lb. ground pork | 1 can (28 oz.) whole tomatoes, crushed |
| ½ tsp. salt | slightly |
| ¼ tsp. pepper | 1½ cups chicken stock or reduced-sodium |
| 2 medium carrots, chopped | chicken broth |
| 1 medium onion, chopped | 1 pkg. (16 oz.) spaghetti |
| 6 thick-sliced bacon strips, chopped | 3 Tbsp. butter, cubed |
| 8 garlic cloves, minced | 1 cup grated Parmesan cheese |
1. In a 6-qt. stockpot, cook beef and pork over medium heat 5-7 minutes or until no longer pink, breaking into crumbles. Stir in salt and pepper. Remove from pot with a slotted spoon; pour off drippings.
 2. Add carrots, onion and bacon to same pot; cook and stir over medium heat 6-8 minutes or until vegetables are softened. Add garlic; cook 1 minute longer. Return meat to pot; add wine. Bring to a boil, stirring to loosen browned bits from pan; cook until liquid is almost evaporated.
 3. Add tomatoes and stock; return to a boil. Reduce heat; simmer, covered, 3-4 hours, stirring occasionally.
 4. To serve, cook spaghetti according to package directions for al dente; drain. Stir butter into meat sauce; add spaghetti and toss to combine. Serve with cheese.
- PER SERVING** 483 cal., 26g fat (11g sat. fat), 61 mg chol., 686 mg sodium, 41 g carb., 3g fiber, 20 g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016

Fiesta Beef & Cheese Skillet Cobbler

PREP: 40 MIN. • **BAKE:** 15 MIN. • **MAKES:** 8 SERVINGS

- | | |
|--|--|
| 1 lb. ground beef | 1½ cups biscuit/baking mix |
| 1 can (15 oz.) black beans, rinsed and drained | 1½ cups (6 oz.) shredded Colby-Monterey Jack cheese, divided |
| 1 can (14½ oz.) diced tomatoes with mild green chilies | 4 bacon strips, cooked and crumbled |
| 1 can (10 oz.) enchilada sauce | ¾ cup 2% milk |
| 1 tsp. ground cumin | 1 large egg, lightly beaten |
| 4 Tbsp. chopped fresh cilantro, divided | |
1. Preheat oven to 400°. In a 10-in. ovenproof skillet, cook beef over medium heat 5 minutes or until no longer pink, breaking into crumbles; drain. Stir in next 4 ingredients; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally. Stir in 2 Tbsp. cilantro.
 2. In a bowl, mix baking mix, ½ cup cheese, bacon and remaining cilantro. Add milk and beaten egg; stir to make a soft dough. Spoon over beef mixture.
 3. Bake, uncovered, 13-15 minutes or until golden brown. Sprinkle with remaining cheese; bake 2-3 minutes or until cheese is melted.
- PER SERVING** 373 cal., 18g fat (9g sat. fat), 83 mg chol., 949 mg sodium, 30g carb., 4g fiber, 23g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016



CUP
MEI

Asiago Beef Tart

VERONICA CALLAGHAN GLASTONBURY, CT

I love simple recipes that are fancy enough for guests. I make this filling super velvety with creme fraiche, but sour cream works well, too.

2ND



Moroccan Empanadas

ARLENE ERLBACH MORTON GROVE, IL

My family really goes for Moroccan food, so I infuse these flaky hand pies with sweet and meaty flavors. I've used lamb in place of beef, too.

3RD



Moroccan Empanadas

PREP: 30 MIN. • **BAKE:** 15 MIN. • **MAKES:** 20 SERVINGS

$\frac{3}{4}$ lb. ground beef	$\frac{1}{4}$ tsp. salt
1 medium onion, chopped	3 sheets refrigerated pie pastry
3 oz. cream cheese, softened	1 large egg yolk
$\frac{1}{3}$ cup apricot preserves	1 Tbsp. sesame seeds
$\frac{1}{4}$ cup finely chopped carrot	SAUCE
$\frac{3}{4}$ tsp. Moroccan seasoning (ras el hanout) or $\frac{1}{2}$ tsp. ground cumin plus $\frac{1}{4}$ tsp. ground coriander and dash cayenne	$\frac{1}{2}$ cup apricot preserves
	$\frac{1}{2}$ cup chili sauce

1. Preheat oven to 425°. In a skillet, cook beef and onion over medium heat 5-7 minutes or until beef is no longer pink, breaking beef into crumbles; drain. Stir in cream cheese, preserves, carrot and seasonings. Cool slightly.
2. On a lightly floured surface, unroll pastry. Cut 40 circles with a 3-in. floured cookie cutter, rerolling dough as needed. Place half the circles 2 in. apart on parchment-lined baking sheets. Top each with 1 rounded Tbsp. beef mixture. Top with remaining pastry circles; press edges with a fork to seal.
3. Brush tops with egg yolk; top with sesame seeds. Cut slits in top. Bake 12-15 minutes or until golden. Remove to a rack.
4. Warm sauce ingredients in a microwave; serve.

PER EMPANADA 215 cal., 11 g fat (5 g sat. fat), 30 mg chol., 256 mg sodium, 25 g carb., trace fiber, 5 g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016

Asiago Beef Tart

PREP: 25 MIN. • **BAKE:** 15 MIN. • **MAKES:** 16 SERVINGS

1 sheet refrigerated pie pastry	$\frac{1}{3}$ cup oil-packed sun-dried tomatoes, coarsely chopped
$\frac{3}{4}$ lb. lean ground beef (90% lean)	$\frac{1}{4}$ cup coarsely chopped fresh basil
1 shallot, finely chopped	1 tsp. minced fresh rosemary or $\frac{1}{4}$ tsp. dried rosemary,
2 large eggs	crushed
$\frac{3}{4}$ cup sour cream	TOPPINGS
$\frac{1}{2}$ tsp. salt	2 Tbsp. pine nuts, toasted
$\frac{1}{4}$ tsp. pepper	Thinly sliced fresh basil, optional
$\frac{3}{4}$ cup shredded part-skim mozzarella cheese	
$\frac{2}{3}$ cup shredded Asiago cheese	

1. Preheat oven to 400°. On a work surface, unroll pastry sheet; roll to a 12-in. circle. Press pastry onto bottom and up sides of an ungreased 11-in. tart pan with removable bottom. Refrigerate while preparing filling.
2. In a skillet, cook beef and shallot over medium heat 5-7 minutes or until beef is no longer pink, breaking beef into crumbles. Set aside.
3. In a bowl, whisk eggs, sour cream, salt and pepper. Stir in cheeses, tomatoes, chopped basil and rosemary. Stir into beef mixture; pour into tart shell.
4. Bake on a lower oven rack 15-20 minutes or until crust is golden and filling is set. Before serving, add desired toppings.

PER SERVING 172 cal., 11 g fat (5 g sat. fat), 54 mg chol., 202 mg sodium, 9 g carb., trace fiber, 9 g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016



Chipotle Chili Sloppy Joe

BRITTANY ALLYN MESA, AZ field editor

My husband didn't like sloppy joe's until he tried my rendition with its smoky heat. Now he's a big fan.



Spinach & Chicken Phyllo Pie

KATIE FERRIER GAGE HOUSTON, TX

For a brunch showstopper, we make chicken pie with phyllo and spinach. Even our kids go for it. It's so good served with a minty fruit salad on the side.



Spinach & Chicken Phyllo Pie

PREP: 35 MIN. • **BAKE:** 35 MIN. • **MAKES:** 8 SERVINGS

- | | |
|---|---|
| 2 lbs. ground chicken | 4 large eggs, lightly beaten |
| 1 large onion, chopped | 3 cups (12 oz.) crumbled feta cheese |
| 1 tsp. pepper | 20 sheets phyllo dough (14x9-in. size) |
| 1 tsp. dried oregano | 2 tsp. salt |
| 1/2 tsp. salt | 1 tsp. ground nutmeg |
| 1/2 tsp. crushed red pepper flakes | 1 tsp. crushed red pepper flakes |
| 3 pkg. (10 oz. each) frozen chopped spinach, thawed and squeezed dry | 1 cup cooking spray |

1. Preheat oven to 375°. In a large skillet, cook chicken and onion over medium-high heat 7-9 minutes or until chicken is no longer pink, breaking up chicken into crumbles; drain. Stir in seasonings. Add spinach, cook and stir until liquid is evaporated. Transfer to a large bowl; cool slightly. Stir in beaten eggs and cheese.
2. Layer 10 sheets of phyllo dough in a greased 13x9-in. baking dish, spritzing each with cooking spray. (Keep remaining phyllo covered with plastic wrap and a damp towel to prevent it from drying out.) Spread spinach mixture over phyllo. Top with remaining sheets of phyllo, spritzing each with cooking spray. Cut into eight rectangles.
3. Bake, uncovered, 35-40 minutes or until golden brown. If necessary, recut rectangles before serving.

PER SERVING 442 cal., 23 g fat (8 g sat. fat), 191 mg chol., 921 mg sodium, 25 g carb., 6 g fiber, 35 g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016

EAT SMART FREEZE IT

Chipotle Chili Sloppy Joes

PREP: 15 MIN. • **COOK:** 20 MIN. • **MAKES:** 6 SERVINGS

- | | |
|---|---|
| 1 lb. lean ground beef (90% lean) | 1/2 cup water |
| 1 cup finely chopped sweet onion | 1 to 2 chipotle peppers in adobo sauce, finely chopped |
| 1/2 cup finely chopped green pepper | 1 Tbsp. packed brown sugar |
| 1 jalapeno pepper, seeded and finely chopped, optional | 1 tsp. yellow mustard |
| 1/2 cup chili sauce | 6 hamburger buns or kaiser rolls, split |
| | 2 Tbsp. butter, softened |

1. Preheat broiler. In a skillet, cook beef, onion, green pepper and, if desired, jalapeno over medium heat 5-7 minutes or until beef is no longer pink, breaking up beef into crumbles; drain.
2. Stir in chili sauce, water, chipotles, brown sugar and mustard; bring to a boil. Simmer, uncovered, 8-10 minutes or until slightly thickened, stirring occasionally.
3. Lightly spread cut sides of buns with butter; arrange on a baking sheet, buttered side up. Broil 3-4 in. from heat until lightly toasted, about 30 seconds. Fill with beef mixture.

PER SERVING 313 cal., 12 g fat (5 g sat. fat), 57 mg chol., 615 mg sodium, 32 g carb., 2 g fiber, 19 g pro.

Diabetic Exchanges: 2 starch, 2 lean meat, 1 fat.

FREEZE OPTION Freeze cooled meat mixture in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding water if necessary.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016

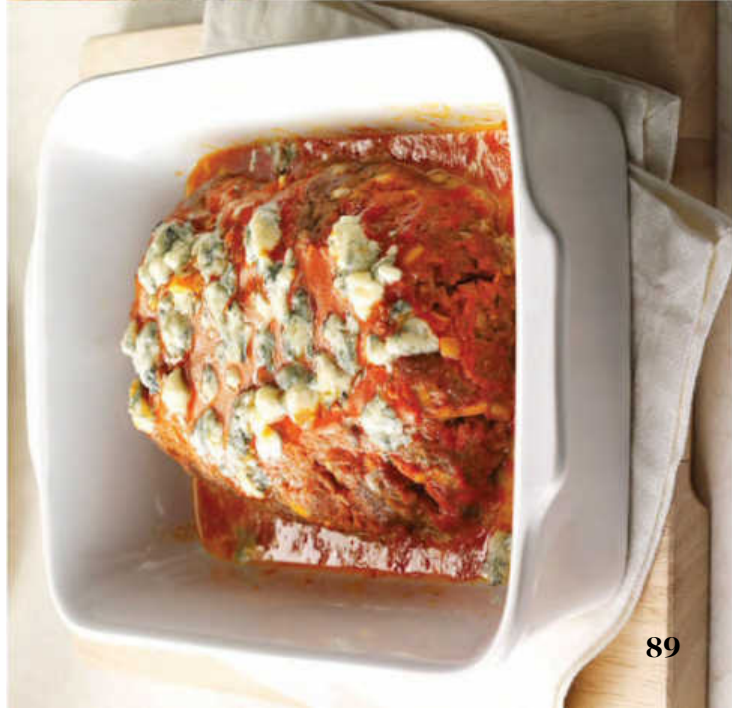


CUT ME

Buffalo Blue-Cheese Meat Loaf

LATESHA HARRIS BEAVERTON, OR

I made meat loaf with wing sauce for my guy, who prefers food with big flavors. He went crazy for it, and now likes it even more than traditional Buffalo wings!



Cheese & Sausage Breakfast Pizza

KELLY BUCKLEY NORTON, KS

People at our church potlucks eat every last one of these sausage brunch squares. Try yours with a dash of sweet-sour-spicy Tiger Sauce.



Cheese & Sausage Breakfast Pizza

PREP: 25 MIN. • **BAKE:** 25 MIN. • **MAKES:** 12 SERVINGS

- | | |
|---|---|
| 1 lb. bulk pork sausage | 2 cups (8 oz.) shredded cheddar cheese |
| 1 medium onion, finely chopped | 8 large eggs |
| ¼ cup salsa | ¼ cup grated Parmesan cheese |
| ½ tsp. onion powder | ¼ cup 2% milk |
| ½ tsp. ground coriander | ¼ tsp. salt |
| ½ tsp. ground cumin | ¼ tsp. pepper |
| 2 tubes (8 oz. each) refrigerated crescent rolls | Tiger Sauce, optional |

1. Preheat oven to 350°. In a large skillet, cook sausage and onion over medium heat 5-7 minutes or until sausage is no longer pink, breaking up sausage into crumbles; drain. Stir in salsa and seasonings. Remove from heat.

2. Unroll both tubes of crescent dough and press onto bottom and up sides of an ungreased 15x10x1-in. baking pan. Press perforations to seal. Top with sausage mixture and cheddar cheese. In a bowl, whisk eggs, Parmesan cheese, milk, salt and pepper until blended; pour over sausage and cheese.

3. Bake on a lower oven rack 23-28 minutes or until the crust is lightly browned and egg mixture is set. If desired, serve with Tiger Sauce.

NOTE This recipe was tested with TryMe brand Tiger Sauce, a sweet and mildly spicy sauce. Look for it in your grocer's condiments section.

PER SERVING 380 cal., 26 g fat (10 g sat. fat), 165 mg chol., 798 mg sodium, 18 g carb., trace fiber, 16 g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016

Buffalo Blue-Cheese Meat Loaf

PREP: 20 MIN. • **BAKE:** 40 MIN. • **MAKES:** 4 SERVINGS

- | | |
|--|-----------------------------------|
| 1 large egg, lightly beaten | 1 tsp. dried oregano |
| ½ small onion, finely chopped | ½ tsp. pepper |
| ¼ cup panko (Japanese) bread crumbs | 1 lb. ground beef |
| ¼ cup Buffalo wing sauce | TOPPING |
| | ¼ cup Buffalo wing sauce |
| | ¼ cup crumbled blue cheese |

1. Preheat oven to 350°. In a large bowl, combine the first six ingredients. Add beef; mix lightly but thoroughly. Shape into an 8x4-in. loaf in a greased 11x7-in. baking dish.

2. Bake 20 minutes. Spread wing sauce over top; sprinkle with cheese. Bake 20-30 minutes longer or until a thermometer reads 160°. Let stand 5 minutes before slicing.

PER SERVING 286 cal., 17 g fat (7 g sat. fat), 123 mg chol., 1,093 mg sodium, 7 g carb., 1 g fiber, 24 g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016



Garlic Bread Pasta Torte

MELISSA BIRDSONG WALESKA, GA

When we make this, my kids get to stuff the pasta inside this clever dinner torte. We save the trimmed bread crusts to make garlicky salad croutons.



FAST FIX

Jalapeno Burgers with Gorgonzola

BECKY MOLLENKAMP ST. LOUIS, MO

On a whim, we mixed homemade jalapeno jam into ground beef patties. They're spicy, sweet and fabulous!



Jalapeno Burgers with Gorgonzola

TAKES: 30 MIN. • MAKES: 4 SERVINGS

1	Tbsp. canola oil	1/2	tsp. salt
1	tsp. butter	1/4	tsp. pepper
1	medium onion, halved	1	lb. ground beef
	and thinly sliced	4	hamburger buns, split
	Dash salt		and toasted
	Dash sugar	2	Tbsp. crumbled
			Gorgonzola cheese
BURGERS			
1/2	cup jalapeno pepper		Thinly sliced jalapeno
jelly			pepper, optional

1. In a small skillet, heat oil and butter over medium heat. Add onion, salt and sugar; cook and stir 3-4 minutes or until onion is softened. Reduce heat to medium-low; cook 4-6 minutes or until deep golden brown, stirring occasionally.
 2. In a large bowl, mix jelly, salt and pepper. Add beef; mix lightly but thoroughly. Shape into four 1/2-in. thick patties.
 3. Grill burgers, covered, over medium heat or broil 4 in. from heat 4-5 minutes on each side or until a thermometer reads 160°. Serve on buns with caramelized onion, cheese and, if desired, sliced jalapeno.
- PER SERVING** 460 cal., 20 g fat (7 g sat. fat), 76 mg chol., 669 mg sodium, 43 g carb., 2 g fiber, 25 g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016

Garlic Bread Pasta Torte

PREP: 40 MIN. • BAKE: 25 MIN. • MAKES: 12 SERVINGS

1	pkg. (16 oz.) spiral pasta	1	Tbsp. minced fresh basil or 1 tsp. dried basil
1	pkg. (19 1/2 oz.) Italian turkey sausage links, casings removed	3	tsp. Italian seasoning
8	oz. sliced fresh mushrooms	2 1/2	cups (10 oz.) shredded part-skim mozzarella cheese, divided
1	medium green pepper, chopped	6	Tbsp. butter, cubed
1	medium onion, chopped	6	garlic cloves, minced
		20	slices white bread, crusts removed
1	jar (24 oz.) marinara sauce		Additional marinara sauce, warmed, optional

1. Preheat oven to 400°. In a 6-qt. stockpot, cook pasta according to package directions; drain and return to pot.
 2. Cook sausage, mushrooms, pepper and onion over medium-high heat 7-9 minutes or until sausage is no longer pink, breaking sausage into crumbles; drain. Stir in sauce, basil and seasoning. Add to pasta; stir in 1 1/2 cups cheese.
 3. In a microwave, melt butter; stir in garlic. Brush onto one side of bread. Line bottom and sides of a greased 10-in. springform pan with bread slices, facing buttered sides against pan; trim to fit. Fill with pasta; press firmly to pack down. Top with extra cheese.
 4. Bake, uncovered, 25-30 minutes or until golden and cheese is melted. Loosen sides of pan with a knife; remove.
- PER SERVING** 409 cal., 16 g fat (7 g sat. fat), 49 mg chol., 752 mg sodium, 48 g carb., 3 g fiber, 19 g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016



CLIP ME!

Sausage-Vegetable Egg Bake

CATHY BANKS ENCINITAS, CA

When we were kids, our mom tucked homegrown Swiss chard inside this comfy casserole. Now I grow the chard, make the dish and savor the memories.



Italian Meatball-Bean Soup

NOELLE MYERS GRAND FORKS, ND

In North Dakota, it's pretty common for winter temps to fall below zero. Hearty soups like this help keep us warm and satisfied till spring comes along.



Italian Meatball-Bean Soup

PREP: 35 MIN. • **COOK:** 15 MIN. • **MAKES:** 8 SERVINGS (3 QT.)

- | | |
|---|--|
| 1 large egg, lightly beaten | 2 tsp. Italian seasoning |
| ½ cup savory herb or chicken stuffing mix, crushed | 2 garlic cloves, minced |
| ¼ tsp. salt | 3 cans (15 oz. each) white kidney or cannellini beans, rinsed and drained |
| 1 lb. ground chicken | 6 cups reduced-sodium chicken broth |
| SOUP | |
| 1 Tbsp. olive oil | 1½ tsp. grated lemon peel |
| 3 celery ribs, chopped | 5 oz. fresh baby spinach (about 6 cups) |
| 2 medium carrots, chopped | 2 Tbsp. lemon juice |
| 1 small onion, chopped | |
- Preheat oven to 400°. In a large bowl, combine egg, stuffing mix and salt. Add chicken; mix lightly but thoroughly. Shape into 1½-in. balls. Place in a greased 15x10x1-in. baking pan. Bake 14-17 minutes or until cooked through.
 - Meanwhile, in a 6-qt stockpot, heat oil over medium heat. Add celery, carrots and onion; cook and stir 5-7 minutes or until carrots are softened. Stir in Italian seasoning and garlic; cook 1 minute longer.
 - Add beans, broth and lemon peel; bring to a boil. Reduce heat to low. Stir in spinach and meatballs; cook just until spinach is wilted. Stir in lemon juice.
- PER (1½-CUP) SERVING** 265 cal., 8g fat (2g sat. fat), 61 mg chol., 828 mg sodium, 30g carb., 8g fiber, 20g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016

Sausage-Vegetable Egg Bake

PREP: 25 MIN. • **BAKE:** 1 HOUR • **MAKES:** 8 SERVINGS

- | | |
|---|---|
| 1 pkg. (19½ oz.) Italian turkey sausage links, casings removed | 1¼ cups 2% milk |
| 1 Tbsp. butter | ¼ tsp. salt |
| ¾ lb. sliced fresh mushrooms | ¼ tsp. pepper |
| 3 cups thinly sliced Swiss chard | 1 cup (4 oz.) shredded part-skim mozzarella cheese |
| ¼ cup white wine | ¼ cup grated Parmesan or shredded fontina cheese |
| 3 garlic cloves, minced | Minced fresh parsley |
| 9 large eggs | |

- Preheat oven to 350°. In a large skillet, cook sausage over medium heat 5-7 minutes or until no longer pink, breaking into crumbles. With a slotted spoon, place sausage in a greased 13x9-in. baking dish, spreading evenly. Remove drippings.
 - In same skillet, heat butter over medium-high heat. Add mushrooms; cook and stir 3-5 minutes or until tender. Add Swiss chard, wine and garlic; cook and stir 1-2 minutes longer or until chard is tender and liquid is almost evaporated. Add to baking dish.
 - In a bowl, whisk eggs, milk, salt and pepper until blended; pour over vegetable mixture. Sprinkle with mozzarella cheese.
 - Bake, uncovered, 45 minutes. Sprinkle with Parmesan cheese. Bake 10-15 minutes longer or until a knife inserted near the center comes out clean. Let stand 5 minutes before serving. Sprinkle with parsley.
- PER SERVING** 248 cal., 15g fat (6g sat. fat), 253 mg chol., 640 mg sodium, 6g carb., 1g fiber, 21g pro.

SIMPLE & DELICIOUS THE GROUND ROUNDUP CONTEST 2016



Enter Our 5-Ingredient Everything Contest and Win \$500



Cranberry-Walnut Brussels Sprouts
tasteofhome.com/sprouts

Everything from planning to shopping to prepping gets streamlined when your recipes are short and sweet. Tell us about your sun-dried tomato dip that has everyone reaching for more bread. Happy herbs shine in your sage-studded ravioli and cilantro-lime chili. And it doesn't get much easier than a one-pot wonder like your Mediterranean shrimp skillet. Do you rise and shine with overnight cherry-walnut oatmeal? Maybe you start with a rotisserie bird and finish with the best chicken salad on the block. If you keep your shopping list ultrashort and your table full of awesome dishes, share! You could win major props in an upcoming issue of *Simple & Delicious*.

**SUBMIT YOUR BEST 5-INGREDIENT EVERYTHING RECIPES AT
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► **Skillets & Bakes** ► **Appetizers & Sweets** ► **Salads, Sides & More**

Enter today at tasteofhome.com/recipecontests. No purchase necessary to enter or win. Contest runs Dec. 21, 2015, through April 21, 2016. Open to residents of the U.S. and Canada who are age 18 or older. Void where prohibited. For entry and other details including official rules, visit tasteofhome.com/recipecontests. Sponsored by RDA Enthusiast Brands, LLC. Winners announced in a future issue.



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Skillet to Win It

Fresh from Naperville, Illinois, Gloria Bradley's beefy weeknight skillet brings the cozy—and easy—to your recipe repertoire.



Gloria Bradley

GROUND ROUNDUP
GRAND PRIZE WINNER



Fiesta Beef & Cheese Skillet Cobbler

Q: This is a dish everyone can love. Who digs it most in your family?

A: My grandson, Alex, comes home from soccer, cuts a wedge and zaps it in the microwave. It's way better than something from a package.

Q: Do you do a lot of cooking for your family?

A: I'm surrounded by guys (four sons and three grandsons), and they're all big meat eaters who love simple stuff. Ground beef is the most versatile thing I can cook for all of them. It makes everyone happy.

Gloria's winning *Fiesta Beef & Cheese Skillet Cobbler* is on page 84.

Spread the
Recipe
Love

Head to **tasteofhome.com/submit** to show us your standout recipes. You could see them in *Simple & Delicious*. We're searching for the best twists on:

CITRUS FOR SUPPER Put some sunshine on the table with good-for-you mains and sides like chipotle-lime tuna steaks, gingery lemon chicken soup, roasted beets with blood-orange glaze or grapefruit-pomegranate salad. If it's citrusy and winter fresh, we wanna eat it.

GRILLED CHEESE 2.0 Go beyond the griddle and bake a batch in a 13x9, float mini ones on tomato soup, or clever them up with crazy fillings (dessert, anyone?). Then share the recipe with us!

ONE-BOWL CAKES There's always time for dessert, especially if cleanup's a cinch. Think coconut cream dump cake, buttered rum bundt, hot chocolate pudding cake and more.



CONTRIBUTOR GUIDELINES

- 1 See the latest recipe requests from our editors at **tasteofhome.com/submit**, then share your recipes.
- 2 When submitting recipes, be specific with directions, measurements and sizes of cans, packages and pans. Each recipe must be your original work. You may use other recipes for inspiration, but you must make your own unique ingredient and cooking instruction changes in order for the recipe to be considered. Please share a few words about the recipe and yourself. (For recipe contest entries, follow the directions on page 95.)

3 Although we are unable to acknowledge receipt of submissions, we'll let you know if they're published.

4 By submitting material to us, you grant RDA Enthusiast Brands, LLC, its affiliates, partners and licensees worldwide use of the material without time limitation, and the right to include your name and city/state in connection with any such use. We may modify, reproduce and distribute your material in any medium (now or hereafter existing) and in any manner or appropriate place, including but not limited to magazines, promotional merchandise, and marketing and other related materials. We test recipes submitted to us and reserve the right to alter them as needed. We may contact you via phone, email or mail regarding your submission.

Get Pinspired

Hop to our Easter Treats Pinterest board for bunny-shaped goodies, gorgeous spring cakes and plenty more. It's at **tasteofhome.com/eastertreats**.



5 Submit stories, tips, photos or other nonrecipe content by email to simplefeedback@tasteofhome.com or mail to Simple & Delicious, 1610 N 2ND ST STE 102, MILWAUKEE WI 53212-3906. All materials must be your original work. We do not return submitted materials so be sure to keep a duplicate. Please submit high-resolution digital photos as JPEGs at 300 dpi.

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To contact our editors

SIMPLE & DELICIOUS
1610 N 2ND ST STE 102
MILWAUKEE WI 53212-3906
414-423-0100;
simplefeedback@tasteofhome.com

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Love Squared

A sprinkle of strawberries on a cloud of frosting makes your favorite brownies the sweetest Valentines of all.



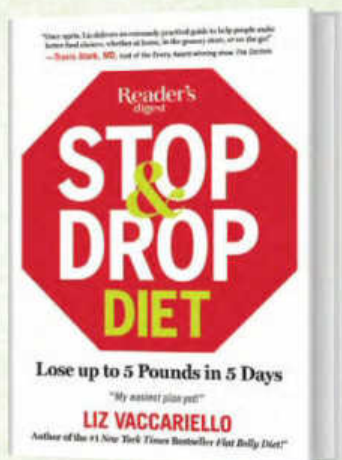
To make happy little hearts, cut a strawberry in half, core with a V-shaped cut, then slice it up.

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Donna Lindskog

Donna Lindskog is an
employee of Reader's Digest.

Reader's
digest

One family's treasured dish is your next dinnertime hit.

MUFFIN TIN PIZZAS

Melissa H., IN



Soon after baking these mini pizzas, my kids were already requesting more. The no-cook pizza sauce and refrigerated dough make this meal a snap.

7UP POUND CAKE

Marsha D., CA

My grandmother gave me my first cake recipe—a pound cake using 7UP—and her grandmother gave it to her. On top of being delicious, it represents family tradition, connection and love.



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